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RUNNING TIMES

March/April 2015 // Issue 424

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EDITOR'S NOTE

Still the best part of my day

IT'S A FOGGY SUNDAY AFTERNOON, AND I head out for a long run. My legs quickly tell me they have recovered from a speed workout three days ago and are feeling the resulting pop and power that makes doing speed so worthwhile. As they warm up, I levitate—my feet barely touching the ground, my mind freed from the world of work, politics and responsibilities. I cruise down seldom-traveled back roads, feeling stronger every mile. More than 13 miles later I arrive home, tired and renewed.

It is a feeling I've known and cherished for more than 35 years, one that has remained constant despite all the changes in my life and my body. Running still brings joy like little else; it is still the best part of my day.

True, my pace is now a minute per mile slower than a similar effort 20 years ago; my 400m repeats are fewer and my recovery periods longer than they used to be. I could get depressed by this, and I have fallen into that hole at times. Yet on most days, I realize that the feelings of growing strength, smooth competence, escape, and connection with the road and sky have almost nothing to do with measured speed and distance. Those feelings stem from effort applied over time, the same today as they did in 1977.

Races increasingly highlight my waning abilities as I slip farther back into the pack each year. But even here, the experience remains untarnished. I feel that familiar satisfaction of conquering the first panic of unfamiliar effort, of realizing I can keep pushing even when it gets hard, of reducing the world to my breathing and the signals coming from my legs. Learning to accept and adapt to the changes of age while appreciating the joys that remain are the themes of our story "Mastering the Ages" on page 50.

But masters aren't the only ones who need perspective. I could always have gotten depressed by focusing on those faster than me and my inability to catch them. We run with what we are given and learn to cherish being and becoming better—or else we quickly despair, regardless of our age or ability.

I once sat on a beach watching surfers in Southern California and decided they are of the same breed as lifetime running addicts. This would no doubt surprise those who see running as all discipline and dedication, heart rates and split times, effort and results—a far cry from the simple joy of riding waves. But those who have experienced a run like mine on that foggy Sunday know that, like surfers, while we keep refining our skills to take on more powerful rides, we keep swimming into the sea because we love the ride itself. Regardless of how we compare, every time we get up and feel the power surging beneath us, it is worthwhile.



Jonathan Beverly
Editor-in-Chief

THE SHIFT

Starting with this issue, *Running Times* will now be published six times per year instead of 10. (Existing subscriptions will be extended.) We'll continue to fill each one with the advanced training advice and top-athlete coverage you expect from us, and, in collaboration with the staff of *Runner's World*, our sister publication, we'll also produce more original and timely content for the Web and smartphones. Look for a new website design and a mobile app soon.

PHOTOGRAPH BY **T L BEVERLY**

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CONNECT



Weighty Issues

As a dedicated *Running Times* reader, marathoner and registered dietitian specializing in the treatment of eating disorders and body image issues, I must say I really appreciated the thoughtfulness of your *Editor's Note* in the December 2014 issue ["Giving up my Food Innocence"]. Disordered eating is rampant among distance runners, and the symptoms are often glorified and normalized. Kudos for choosing not to obsess about your weight or about counting calories—this obsession takes many people down a miserable and dangerous road. Running gives us the gift of connecting with our bodies in a unique way. Hang on to this innocence and simplicity.

Katy Harvey / Overland Park, Kansas

I was looking for more commitment in "Giving up my Food Innocence." If you're still passionate about running, you would not tolerate 10–15 pounds of excess weight. And yes, that means you may need to get on the scale more often. Instead of bidding adieu to the bliss of ignorance, think of it as an opportunity to gain control of a critical aspect of your life. You will find that figuring out nutrition is no easy business. The science is weak, and the field is dominated by entrepreneurs who are eager to sell you diets, supplements or advice. There's a great opportunity for you to take a leadership position on the topic and ensure that the articles you publish are appropriately balanced and supported. If you take nutrition seriously, you'll do a huge service to your readers and yourself.

Kenneth Posner / via Facebook

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Workout Tips

I really appreciated Pete Magill's "Miles to Go" article [Oct/Nov 2014]. I find, at age 64, that nothing works like it used to—especially my training. His recommendations in this article apply well to me, even though I've slowed appreciably over the last 20 years. Factoring his changes into traditional intervals based on 5K and 10K times gives me some hope that maybe I can finally find a regimen that works at my age.

Mike Shaw / Edmonds, Washington

Easy Running

Thanks for the advice in "What Pace Easy Days?" [Oct/Nov 2014]. But, if you aren't fully recovered before you start a hard session, you are forcing your body to try to do two things at once—complete its recovery and absorb new stresses. I've seen what happens to athletes who do that: the stalled or backward progress, the perennial crankiness and malaise, the frequent illness. If you follow a chart or try to do what others do, you will be doomed to mediocrity.

George Beinhorn / via Facebook

ON NEWSSTANDS NOW

Check out the March issue of *Runner's World*, which features "Hip Check," a look at why weak hips are at the root of so many running injuries. The article presents a 16-week plan for strengthening the muscles in and around the hips—well worth a read for runners frequently beset by injuries.



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SHORTS



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When Cheaters Win

While fans struggle to make sense of recent doping revelations, athletes in the sport have had to deal with their doubts for years.

BY SARAH LORGE BUTLER

SHALANE FLANAGAN STARTED THE 2014 BOSTON MARAthon with a 5:11 first mile. She had made no secret that winning Boston, the race she had watched as a child, was the dream that drove her—and she figured an honest pace from the gun was the best way to achieve it.

In close pursuit that day was defending champion Rita Jeptoo, 33, of Kenya. She stuck to Flanagan through torrid splits: 32:34 for 10K, 1:09:27 through the half. In the Newton Hills, Flanagan fell back while Jeptoo dropped a 4:48 for mile 24. Her winning time was 2:18:57, a new course record.

Even though she ran a PR by more than 3 minutes and posted the fastest American time (2:22:02) ever on the Boston course, Flanagan's efforts were good for only seventh place. "I don't wish it was easier," she said after the race. "I just wish I were better."

Perhaps she didn't have to be. On Oct. 31, the running world learned what might have been behind Jeptoo's otherworldly performances—which included a repeat Chicago Marathon title last fall—when news broke that she had failed an out-of-competition drug test in September. In December, her "B" sample confirmed the finding.

For Flanagan, 32, who had spent the months leading up to Boston developing a race strategy solely to take the kick out of Jeptoo, the news of the positive test brought a measure of relief. "My dreams are valid," Flanagan says. "When I say I want to win the Boston Marathon, it is a valid dream. Last year I felt so defeated."

Progress or Pessimism?

Revelations of performance-enhancing drug use in running came in a wave at the end of 2014. Close on the heels of the Jeptoo revelation, a German documentary alleged systematic doping among athletes in Russia and corruption at the IAAF, the sport's governing body, which may have failed to properly investigate irregular test results. In the U.S., Jon Drummond, a sprinter and coach, was hit with an eight-year ban, and Mo Trafeh, a multiple-time U.S. road-race champion, was handed a four-year suspension.

Some see it as progress: Testing is working; cheaters are getting caught. Others wonder how many dopers are still going undetected.

But elite athletes who say they are clean have long grappled with the knowledge that their competition might not be honest. "When you're up against cheaters, it's terrible, really," says Roisin McGettigan, an Irish middle-distance runner who competed in the 2008 Olympics. "We're so passionate about the sport, we love the sport. The sport is our livelihood. And yet we're sitting there in the stands watching the cheaters take home medals."

The consequences of doping go far beyond missed medals and lost prize money. Clean runners



Anna Alminova and Roisin McGettigan battle in the 1500m at the 2009 European indoor champs. When Alminova was busted for doping in 2014, McGettigan was upgraded to a bronze medal.

cope with a nagging sense of futility, and if they can't come to peace with the uncertainty, it hastens their exit from competition.

"I guess I just decided at some point that if I was going to keep going in this sport, I needed to give people the benefit of the doubt and assume that they have an incredible talent level," says Lauren Fleshman, who finished seventh at the 2011 world championships 5,000m. "Because the alternative is being steeped in pessimism, and you have no motivation to keep [training]."

After his fourth place at the 2012 Olympic marathon, Meb Keflezighi recalled pushing, even when a medal was out of reach. "I was going to be satisfied with my fifth place finish, but then something came to mind; drugs. If any of the top three get caught down the road with a positive drug test, then the 4th place guy gets promoted to Bronze," he wrote in a blog.

Moments Lost

Recently, McGettigan earned one of those upgrades. She had finished fourth in the 1500m at the 2009 European indoor championships by 0.16 seconds. Last July, as she played with her two young daughters outside her home in Providence, Rhode Island, word came that the winner of that race, Anna Alminova of Russia, had all her results since February of 2009 wiped from the books, due to irregularities in her biological passport. McGettigan would be upgraded to bronze.

When she walked into her kitchen that day, she found texts and tweets of congratulations. Her training partners, Olympians Molly Huddle and Kim Smith, held an impromptu backyard ceremony for her (with a substitute medal from a local 5K and the Irish national anthem played from an iPhone).

Last November, McGettigan got the real thing, as Athletics Ireland presented her with the medal. "It's like a little fairy-tale ending," she says. "You never imagine it would come out and you'd win the prize."

But the five-year delay in justice had severe consequences for McGettigan. "Crossing the line and knowing that you got the medal—that moment—I haven't got that," she says. Instead of taking a break after her indoor season, she figured she needed to push a little harder. The more tired she got, the harder she pushed. Through the summer of 2009, she ran a series of subpar races. Her iron levels, she says, were "all over the place."

Ultimately, she ran herself into a hole of crippling fatigue that she couldn't climb out of. Unable to run as she had in the past, she retired—linking Alminova's cheating to the end of McGettigan's career.

She learned the hard way about defining success on her own terms. "You have to," McGettigan says. "It's about the effort, your own [personal] records. That's the stance my coach, Ray Treacy, takes. Molly Huddle and Kim Smith, they are some of the best athletes in the world, and we just kind of know that there are people who have probably taken medals from them."

> "THEY'RE STEALERS OF DREAMS AND STEALERS OF MOMENTS."
> —SHALANE FLANAGAN

Clean athletes competing in a world that lauds winners and overlooks everyone else have to reap rewards elsewhere. "Fortunately, I find value beyond the end result," Flanagan says. "I find value in the process and the people that I meet." She talks about her father, Steve Flanagan, who helped her train on the Boston course last winter. "We had a lot of joy and a lot of great memories from that."

But there's only one time to stand on a podium, to feel a wreath placed on your head, to hear your country's national anthem. Dopers take all that, leaving clean athletes only the memories of their training, without the finish-line elation. "They're stealers of dreams and stealers of moments," Flanagan says. "Yes, you can be handed the medal later, but the moment is gone. It has passed." RT

SHOWCASE RACE

MOUNTAIN TO FOUNTAIN 15K AND 5K

MARCH 8, FOUNTAIN HILLS, ARIZONA The premise of this race is simple: Win your weight in beer. The spectacle of the awards ceremony, when top runners hop on a huge scale balanced between cases of suds, has made this five-year-old race a popular stop in the state. A monetary prize purse draws an elite field, and the stunning desert scenery and rolling terrain is popular with runners of all speeds.



Morgan Treacy/INPHO

SPLITS DEFENDING CHAMPION MEB KEFLEZIGHI RETURNS TO RACE BOSTON IN APRIL, AS DO SHALANE FLANAGAN AND DESIREE LINDEN.

Step It Up

Experts agree that increasing your cadence—the number of steps you take per minute—is one of the best ways to run more efficiently and reduce injuries. But counting steps in your head is annoying and hard to get right. These tech tools can track your stride frequency throughout a run, plus monitor other variables.

BY JONATHAN BEVERLY



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adidas miCoach Fit Smart $199.99

PROS › An easy-to-wear wristband with simple button controls captures your stride rate—no cumbersome chest strap necessary. Detailed graphs are available on your phone and by syncing to the miCoach app. It also monitors heart rate, speed and distance.

CONS › The device requires calibration to measure speed and distance and may need to be recalibrated as your mechanics change. The numbers can be difficult to read on the run.

2/
Wahoo TICKR Run Workout Tracker $79.99

PROS › Delivers, via a chest strap, your stride rate, ground-contact time, vertical oscillation (how high you bounce with each step) and running smoothness (a measure of excess movement in three dimensions). It stores workouts to sync later with an app that shows detailed data in graph form. It also records heart rate, speed and distance.

CONS › You need to carry your phone to see the information in real time. It can be synced to sites like Strava and MapMyRun, but not all data captured on the app will show up online.

3/
Polar s3+ $79.95

PROS › Measures stride rate and length from an unobtrusive pod attached to your shoe. It combines stride data with heart rate, speed and distance to calculate a "running index" that rates aerobic performance and running economy.

CONS › You need a compatible Polar heart rate monitor, or you'll have to carry your phone; it requires calibration, and you can't view data in real time.

4/
Garmin Forerunner 620 $399.99

PROS › Provides three stride elements—cadence, vertical oscillation and ground-contact time—on your wrist in real time using intuitive scrolling screens. Provides the same information online in clear, comprehensive graphical presentations. It also measures course, elevation, distance, pace and heart rate.

CONS › It requires a chest strap to get all the data, although GPS and cadence measurements work without a strap. And it's expensive.

RON HILL, 76, OF HYDE, ENGLAND, HAS RUN EVERY DAY FOR 50 YEARS, AVERAGING MORE THAN 7 MILES A DAY DURING THE STREAK.

PHOTOGRAPHS BY **MATT RAINEY**



In a scene from "McFarland, USA," the team celebrates a win.

Motion Picture

Disney takes on high school cross country in 'McFarland, USA.'

BY LIAM BOYLAN-PETT

In 1987, the surprise California state cross country champions hailed from McFarland, a small farming town in the San Joaquin Valley. The students on the team ran to their jobs in the fields before and after school and had an ex-football coach leading them. Their story, "McFarland, USA," comes to theaters in February. Jim White, the tough-love coach (played by Kevin Costner), spoke to *Running Times* in December.

What is it like to see your team and a version of yourself on-screen?

I've seen the movie three times now, and it's still quite emotional. It's just a wonderful experience for the kids and I to have this. It captured the team aspect. It is definitely a team. We actually won the state championship one year with our sixth man.

Did much of the movie sway from the true story?

Hollywood took some liberties. I started the team in 1980. The first state meet wasn't until 1987 and we did win, but they changed it up so that it all happened at once. And we had a lot more than seven kids on the team. Some of the scenery—that was Hollywood.

Did the movie do McFarland cross country justice?

We were worried about how it was going to come out. But they did get the part about Jose Cardenas going out too fast right. [Laughs.] And Kevin Costner as me? That was wonderful.

Do you still coach? What's the McFarland team like today?

I still coach, but not on a full-time basis. The team is similar today to what it was then. The kids are still tough, hard workers like the guys in the movie. One difference is that McFarland is a running town now. The seal of the town has silhouettes running through a field above three words: "Tradition. Unity. Excellence."



Jim White, the real-life coach behind "McFarland, USA."



EAT LIKE AN ELITE

Annie Bersagel

Annie Bersagel, 31, was 10th, and the second American, at the New York City Marathon last November in 2:33:02. A full-time attorney, Bersagel lives and works in Oslo and talks about how she fuels her training.



Breakfast
I like to sleep in to the last minute. I'll have a cracker or two and a glass of water before I head out the door. But I also don't run more than an hour easy. When I get back, I have oatmeal with cottage cheese and a little jam, plus coffee.

Weekday Lunch
I eat at the cafeteria at KLP [her employer]. Usually I'll have a glass of milk and salad and take a plate of whatever is the special of the day. Or I'll just take the salad and a couple of open-faced sandwiches with hard-boiled eggs and butter.





Local Delicacies
I've grown to love Norwegian brown cheese. It has a caramel color and tastes sweet. I don't think it's caught on outside of Norway. I can't abide blood pudding. I'm sure it's loaded with iron, but to me, it smells like road kill.

Before a Hard Workout
A sandwich or yogurt with muesli. This is meal No. 3, because dinner ends up late. For dinner, we eat a lot of fish. Cod or salmon—this is Norway, after all—with rice or potatoes and cooked vegetables or salad.



FROM 1987 TO 2001, MCFARLAND HIGH SCHOOL WON NINE CALIFORNIA CROSS COUNTRY STATE TITLES WITH JIM WHITE LEADING THE WAY.

Left: Courtesy of Walt Disney Pictures (2); Right (top to bottom): Victor Sailer/PhotoRun, iStock (3), Kang Kim


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Free to Fly

Jo Pavey found her best results as a 40-year-old mother of two.

BY CATHAL DENNEHY

HEADING INTO 2014, YOU COULD forgive Jo Pavey for aiming low. The British athlete, now 41, had just given birth to her second child, Emily, in September of 2013, and as she slowly resumed running, she set accordingly modest goals. Little did she know that she was about to have the year of her life.

Back in April, though, the idea that she would win two major championship medals in the summer seemed laughable. "I was still breast-feeding," she says. "I was going down to the track, and the times I was doing were absolutely horrendous."

She and her husband, Gavin, who is also her coach, wondered if Pavey had any chance of qualifying for a national team last year. "I wasn't being negative," she says. "I was training as hard as I could, but I was thinking it probably wasn't realistic. There was no thought of medals at all."

Though her fitness had deserted her, she was substantially better off in another department: happiness. In the past, Pavey was one who would always train hard but burden herself with the pressure that came from being an elite athlete. This time she was different. "I was training hard and running until I was lying on the floor, but I didn't have any pressure," she says. "I had the priority of being a mum. I'd listen to my body more because I didn't have thoughts of getting a medal. The stress was taken away. When you're at a place where you're happiest, that reflects in your running."

In May, her training finally started to come around, and her more relaxed approach began to pay dividends. Pavey took a surprise bronze medal in the 5,000m at the Commonwealth Games in July, then stunned everyone—most of all herself—at the European championships by taking her first major gold at 10,000m. It was so surprising, in fact, that when she crossed the line first, she assumed there must have been a mistake.

"I was really embarrassed," she says, "thinking, 'I must be wrong,' so I was looking around to see the result. I was trying for so many years [to win gold] and never achieved it. But it was worth waiting for."

Pavey knows she can't outrun the clock forever, but after the year she's had, combined with a new-found ability to listen to her body, thoughts of retirement have been cast aside. "I thought last year might have to be my final year, but now I feel rejuvenated," she says. "I'd like to qualify for the world championships in Beijing [in August] and make it to a fifth Olympics in Rio next year.

"I want to carry on. I'm still enjoying it." RT

ESSENTIAL WORKOUT

Who
Jo Pavey, 41

What
Track and tempo combo. 2 x 1,000m (2:30 recovery), 2 x 400m (90 seconds recovery), 5 minutes recovery, followed by a 10- to 12-minute threshold run, 5 minutes recovery, 600m, 400m, 300m, 200m (90 seconds, 90 seconds, 60 seconds recovery)

Why
To prepare for longer races.

When
Weekly when racing 5,000m in the track season, but not in the last two weeks before a championship.

The Details
After warming up, Pavey will run the 1K reps in spikes in 2:50, slightly faster than 5K race pace. She runs the two 400m reps in 63–65 seconds, then changes into flats for the threshold portion, which she does at 10-mile race pace. She changes back into spikes to finish. In the first part of the workout, the focus is on fast times. In the final part, she works to maintain form while fatigued.

You front-end it. The first set has to be good. The whole point is to get in some quality, but also not to neglect endurance.

+ PAVEY'S 10,000M TIME AT THE EUROPEAN CHAMPIONSHIPS WAS 32:22.39. CLEMENCE CALVIN OF FRANCE, 24, WAS SECOND IN 32:23.58.

Victor Sailer/PhotoRun

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By Rachel Toor



My Best Advice

WHEN *'YOU GO!'* ISN'T ENOUGH.

IT'S NOT UNUSUAL FOR ME TO GET MESSAGES FROM FRIENDS, FORMER STUDENTS and strangers asking for help with their running. When faced with these requests, I'm happy to hammer out a content-free pep talk, sharing slogans and koans that have helped me in the past. Or I just say, "You can totally do this," even if I have no idea whether it's true.

When an acquaintance signed up for a long relay and was worried that the first leg—8 steep downhill miles—was going to trash her for the rest of the day, she sent me a panicky email.

Be like water, I said, channeling my inner Zen master.

A girl who'd read a library copy of my novel wrote saying she was struggling with getting fit and wanted to know if I had advice on how she could make herself run every day.

Don't go every day. If she could get herself out the door for 20 minutes three times a week for two months, I'd send her a signed copy of the book.

In other words, when someone asks for my opinion or advice, I'm usually quick to serve something up.

Then I got a request that stumped me.

A former student, a massive, bearded guy, older than "college age," sent me a message that he would be running his first marathon in two days. I remembered him well. He sat in the back of the room and spoke rarely, but when he did, he made smart, insightful comments. He wanted to know if I had any tips for him.

I had nothing.

In a class exercise, this student had written an essay about his time in Iraq. He wrote about the smothering heat, about the soothing sounds of the Euphrates. Sweat-soaked boots. Marines pulling up in a Humvee. An explosion. A chunk of torso with a tattooed image of a baby's feet. Placing the head of one of his drinking buddies into a large plastic bag. "The trees were painted in human," he had written.

What could I say to someone who had been to war, who had seen things that are beyond my capacity to imagine? What could I offer him as a teacher, as a friend, and now, as a marathoner? We hadn't been in touch in the years since he'd taken my course, but I thought of him often. His writing, raw and unvarnished, stayed with me.

Another student in that 200-level course had read more widely than most graduate students. When, I asked him, had he read Milton, Dante and Tolstoy?

In the Army, he said. He'd been injured in Iraq. He'd had lots of time to read.

The language of sports is often martial. But the realities of war—truths that a number of my students have faced—make metaphors seem inadequate and trivial, make complaining about the challenges of recreation feel like a self-indulgent luxury.

What could I say to the giant, rugged Marine who sought something helpful from me?

It was going to be a warm day, and I guessed his big body would have difficulty keeping cool. I knew the course and could tell him which parts felt too long, where the hills got hard. I could go into indelicate detail about physiological possibilities.

But for this former student, this Marine, I had no easy quips. I thought about what he'd seen and what he'd lived through. I knew that pain and suffering had no place in our conversation about running a marathon.

So I drew in a breath and wrote, "This is what we do for fun."

I try to remember that each time I race. RT



Rachel Toor, author of Personal Record: A Love Affair with Running, *teaches writing at Eastern Washington University in Spokane.*

Courtesy of Larry Conboy/Eastern Washington University

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Aramco Houston Half Marathon

TRAIN HOU LOVE HOU RUN HOU

By Roger Robinson



Jock Semple, who made peace with women in his race, poses with Kathrine Switzer before the 1973 Boston Marathon.

Semple's Short Fuse

THE MAN WHO REVIVED THE BOSTON MARATHON WAS A SPIRITED DEFENDER OF THE RACE.

JOHNNY SEMPLE WAS BORN IN A TINY GLASGOW ROW HOUSE BESIDE THE STEEL FURnaces, where the sky was lit by a fiery glow so demonic they called it "Dixon's Blazes." When the family moved to another cramped apartment near the shipyards, he shared a bed in an alcove with his two brothers. At age 4 he began to deliver meat and saved enough to buy a camp stretcher to sleep on. A small boy, he had to defend himself pugnaciously on those harsh streets and in the schoolyards. At 14 he left school and became a sewing mechanic.

That's the unlikely beginning of a story that helped create modern running. Johnny became Jock Semple, the impassioned yet fiercely honest Boston Scot who kept the city's great marathon alive to become the race we celebrate again every April.

Young Semple joined Clydesdale Harriers and discovered that through running, he could use his inborn work ethic to give color and significance to his life, as well as to survive. He also learned the even greater reward of team bonding.

"We were taught that our basic purpose was to excel as a group," Semple wrote in *Just Call Me Jock* (1981). When he moved to America, that intense loyalty won acceptance in the world of the marathon.

"The minute [the race] was over, we shook hands and we were friends. Most of us were laborers. We were praised for our sportsmanship and camaraderie, but we weren't considered serious athletes. Except in Boston," Semple wrote.

On Boston Marathon day, these impoverished manual workers, often unemployed and hungry, became heroes. They lived for the race's challenge, for the spectators' cheers, the modest medals and the ruggedly honest comradeship.

Semple's best was seventh, in 1930, after hitchhiking from Philadelphia. His fastest marathon was 2:39:25, which brought selection for the U.S. Pan-Am Games team in 1937. But his most treasured moment came when John J. Kelley won Boston in 1957, wearing the B.A.A. unicorn, emblem of Semple's own passionate mission.

After World War II, when the B.A.A. and its marathon were struggling for survival, sports entrepreneur Walter Brown spotted Semple's gift for rigorous leadership. Brown helped him acquire a college degree and become a revered masseur and physical therapist, key to the ascent of Brown's Celtics and Bruins. His clinic at the Boston Garden also served as "Marathon Central," where Semple, in his growling, irascible way, did the paper and telephone work that kept the race running.

From 1947, he was unpaid co-director of the race, along with the more gentlemanly Will Cloney.

"Will has always been the more diplomatic member of the team," was Semple's understated version of the partnership.

Semple's short fuse was legendary. He angrily threw out anyone who seemed to demean the race or disregard its rules.

"These screwballs! These weirdies! These MIT boys! ... These Harvard guys!" he declaimed to *Sports Illustrated*.

Sometimes he defended his beloved race too vigorously. He came close to arrest for assaulting one runner wearing swim fins and a snorkel mask. Then, in 1967, he tried to grab the bib numbers off the young Kathrine Switzer. [Full disclosure: Switzer is now married to the author of this column.]

Ever since that rash moment was caught on camera, Semple has been a symbol for angry male exclusivism, the villain of Boston Marathon history. That's partly truth. But when you know his story from Dixon's Blazes on, he deserves to be remembered as a hero, too. His devotion, honesty and loyalty to the community of runners are still part of what is best in the sport. RT



Roger Robinson has won three American writing awards, has published five books on running and is setting post-knee-replacement personal records.

Top to Bottom: Bettmann/Corbis / AP Images; Courtesy of Roger Robinson



DEVELOPING A RUNNER'S FULLEST POTENTIAL

Natural Supplement Providing EPO-Like Effects

Runners have long sought ways to improve their performance through nutritional supplements and creative training strategies. Some athletes have gone as far as using synthetic drugs and blood doping to gain an advantage. A new, controversial supplement is giving runners EPO-like effects and helping them achieve the "edge" they are always looking for.

The product is EPO-BOOST® - an all natural supplement developed by U.S. based Biomedical Research Laboratories. EPO is industry shorthand for erythropoietin, a hormone produced by the kidneys that regulates red blood cell (RBC) production.

Increasing red blood cell production has long been the focus of competitive athletes due to the impact that RBC levels have on oxygen intake and utilization. The greater the red blood cell production, the greater the body's ability to absorb oxygen, which in turn gives an athlete more strength and endurance. Strength and endurance are precious resources to any athlete. Thus competitive athletes have tried various techniques to gain an advantage by increasing EPO and RBC levels.

Traditional techniques for boosting RBC levels include synthetic drugs and blood doping. These practices are both dangerous and banned by organized sports associations. The makers of EPO-BOOST® claim that their patent-pending formula is all-natural and is clinically proven to safely increase erythropoietin levels, resulting in greater strength and endurance.

The scientific evidence behind EPO-BOOST® does seem to be compelling. A 28-day double-blind placebo-controlled clinical trial, performed by Dr. Whitehead from the Department of Health and Human Performance at Northwestern State University, showed that the ingredients found in EPO-BOOST increased EPO production by over 90% compared to the group taking the placebo. The supplement group also showed dramatic improvements in athletic performance (as measured by VO2max and running economy).

Since its release, competitive athletes have raved about this new supplement, which offers all the benefits of greater EPO levels with none of the dangerous side effects or legal trouble.

Ricky Flynn, a seven time All-American used EPO-BOOST® in his preparation for the 2012 U.S. Olympic Marathon Trials. Having finished 12th with a sub-2:14 time, Ricky stated that his performance and endurance were substantially improved with EPO-BOOST. "After using EPO-BOOST for just a few weeks I felt stronger, especially on harder effort and higher intensity runs," said Ricky.

Mr. Flynn is not alone in his praise of the product. Adriana Nelson Pirtea, a top marathon runner from Boulder, CO used EPO-BOOST® in her preparation for the USA Half Marathon Champion Victory. Adriana stated, "I been using Endurafuel and EPO-Boost for the past month and already feel a huge difference. I start out being more focused and alert during my trainings. For me, it is important that everything I put in my body is simple, clean and effective. I've been trying other products before, and most of them were giving me discomfort during training. BRL Sports supplements are simple the best."

Not everyone is so endeared to the product. Several athletes have said the supplement gives some athletes an unfair advantage. They describe the performance improvements as "unnatural" and pointed to athletes from cycling and long distance running as evidence that people are catching onto the supplement and using it for a competitive advantage.

A company spokesman, speaking off the record, admitted that the product doesn't work overnight and that most athletes won't see the extreme performance enhancements for a few weeks. In a world infatuated with instant success, that kind of realistic admission might cost some sales but is likely to keep customers happy.

It's no secret that in order to reach your peak performance, you must make exercise and training an integral part of your daily life. However, you'll have a much easier time achieving your fullest potential by integrating EPO-BOOST® into your daily routine. This product could be the "edge" you have been looking for.

Any athlete can use EPO-BOOST® without a prescription and without changing a diet or exercise regimen. The company offers an unparalleled guarantee. Athletes can use the product for a full 90 days and if not completely satisfied, send back whatever product is remaining - even an empty bottle - and get a 'no questions asked' refund.

Biomedical Research Laboratories accepts orders from its website at www.EPOBOOST.com. A company spokesman confirmed a special offer: if you order this month, you'll receive free enrollment into the company's Elite Athlete Club where you'll qualify to receive a full 25% discount on all your bottles of EPO-BOOST®. And so you don't go a day without EPO-BOOST® in your system – increasing your endurance, you'll automatically receive a fresh bottle every 30-days and your credit card will be billed the Elite Athlete Club Member Price of $44.95 plus S/H – not the $59.95 fee non-members have to pay. There are no minimum amounts of bottles to buy and you can cancel at any time. Visit www.EPOBOOST.com or call 1-800-780-4331 to order today.

[1] Whitehead et al. Int J Sport Nutr Exerc Metab, 17 (2007): 378-9.

By Toni Reavis



Fighting for an Audience

BOXING PROVIDES A MODEL FOR HOW TO BUILD INTEREST IN COMPETITION.

LIKE DISTANCE RUNNING, BOXING IS ONE OF THE MOST ANCIENT SPORTS, ONE that requires weeks, if not months, of rigorous preparation, usually in anonymity, for a single public competition. The international stars of boxing also often rise from impoverished backgrounds and train in cultures remote from the experience of mainstream audiences. But unlike running, boxing has done a superior job of publicizing its top competitors to its fan base.

As a television product, footracing has had a difficult time engaging a sporting audience. How often have we heard, "Running is boring," and then watched coverage that proved the point? With "boring" as an accepted predicate, it's no wonder that TV producers long ago shifted focus, transferring precious editorial time to the thousands of back-of-the pack participants and on-course spectators who offer a rich stew of charity fundraising storylines and ready personalities. However, by taking a scattershot rather than a rifling approach, TV has often frustrated hardcore fans who want to see the competition.

Without a large participation base to fall back on, boxing has no choice but to focus attention on its prime combatants. And in recent years it has found an innovative tool to build fan interest—prematch buildup shows. Leading up to the May 2007 Floyd Mayweather vs. Oscar De La Hoya light-middleweight title fight in Las Vegas, HBO produced a first-of-its-kind series titled "De La Hoya/Mayweather 24/7." The four-part program took viewers inside the rigors of each fighter's training camp and also focused on their personal lives as a prelude to the ring showdown. The shows aired on the final three Sundays of April, with the fourth installment coming out on Thursday, May 3, two days before the fight.

Originally meant to be a one-off, the success of the first "24/7" led to an ongoing series that brought renewed interest to boxing, which had been losing fans to the fast-growing, viewer-friendly sport of mixed martial arts.

Following HBO's success, Showtime introduced its own version of "24/7" called "All Access." And for last November's Manny Pacquiao vs. Chris Algieri fight in Macao, China, HBO premiered another behind-the-scenes show, "Under The Lights." Hosted by a noted analyst, a champion fighter and a well-regarded trainer, the show broke down fight films and pondered the strengths and weaknesses of each boxer, leading to predictions as to the outcome of the big fight.

While running isn't the binary competition that boxing is, the elite fields at most of the World Marathon Majors come down to a duo or threesome who make up the star power of that particular race. Yet before the 2014 Chicago and New York City marathons, there was no buildup to the pro races whatsoever to foster interest in the battles ahead. Instead the coverage was predictably event-focused rather than competition-minded. So the first look most viewers got of the leading candidates came just prior to the starting gun. With an audience essentially being introduced on race morning to a pack of mysterious, enigmatic athletes who have been sequestered half a world away for three months in isolated training camps, the chances of creating a rooting interest for any one of them has proven all but impossible.

When people I don't know hear what I do for a living—broadcast running events—they have one of two responses: "Lucky bloke doesn't have to work for a living," and/or, "What do you say? They are just running."

This is the light in which footracing has allowed itself to be portrayed. Yet there are many who believe running is, or could be, a most exciting sport if it were marketed, developed and showcased as a series of major competitions, rather than as amorphous, moveable human-interest parades headed by a group of fast, but anonymous, champions. RT



One of the most respected names in running journalism for more than 30 years, Toni Reavis blogs regularly at tonireavis.com.

Kirby Lee/Image of Sport

PHOTO ILLUSTRATION BY **ELIZABETH KRENOS**


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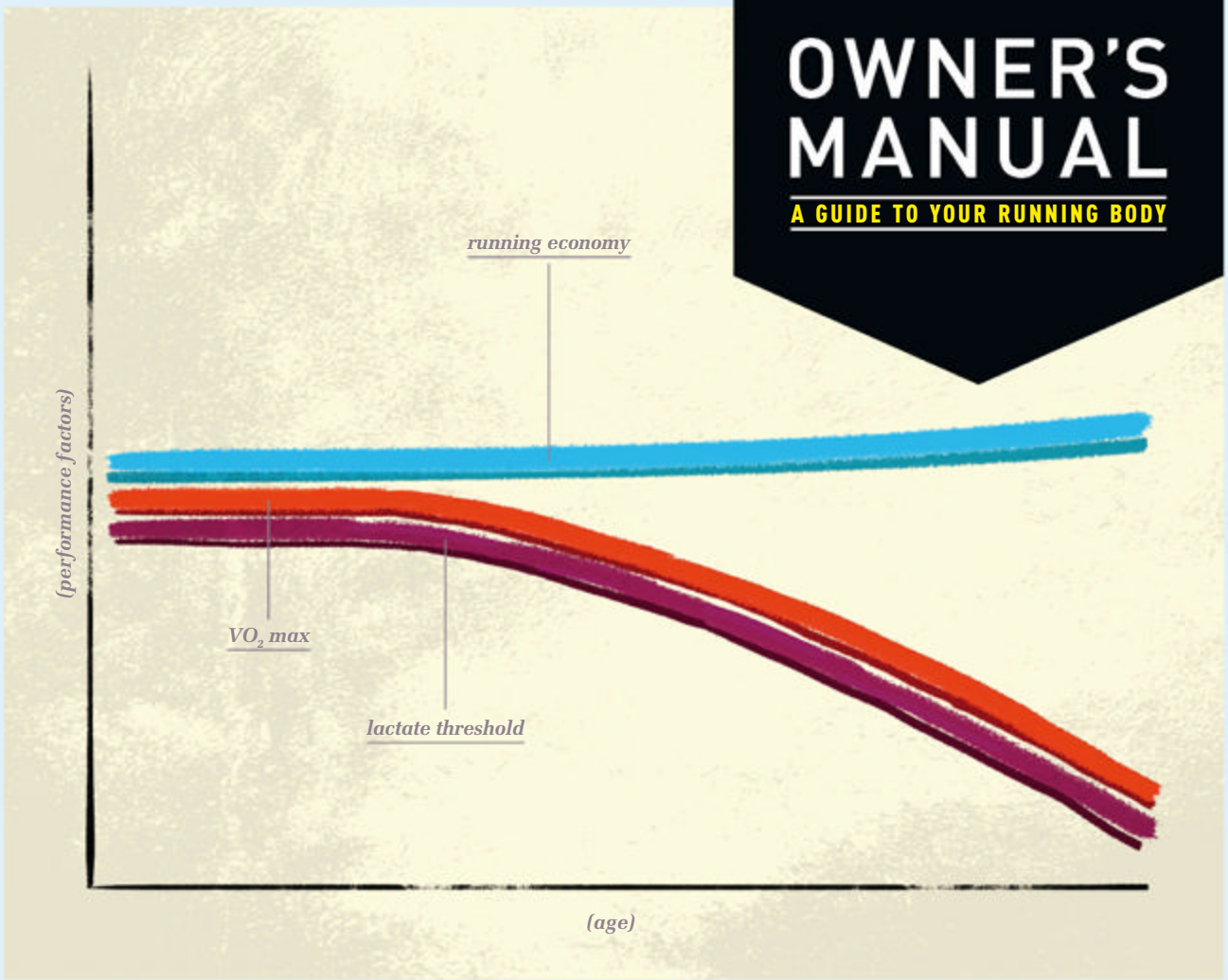


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ECONOMIC TIMES

A PLEASANT SURPRISE FOR MASTERS RUNNERS: RUNNING EFFICIENCY DOESN'T HAVE TO DETERIORATE WITH AGE. *By Ian McMahan*

PERFORMANCE IS STRONGLY CORRELATED with three physiological factors: maximal aerobic capacity, or VO_2 max; lactate threshold; and running economy or efficiency.

The third variable, much like the fuel economy of a car, allows us to use less energy to run the same pace—a critical factor at longer distances. But runners tend to overlook its importance and neglect the kind of training that can sustain it.

New research, however, suggests that masters runners would do well to pay more attention, because efficiency is one area that doesn't have to change significantly for older runners.

In 2011, researchers at the University of New Hampshire hypothesized that economy would decline with age. In the study, three groups of highly trained runners of varying ages were asked to run at selected speeds while being analyzed for overall running economy, lactate threshold levels and muscle strength. While they showed differences in other determinants of performance, no differences in running economy were found among the age groups. In other words, competitive older runners had preserved their efficiency. The surprise results were presented in the *Journal of Strength and Conditioning Research*.

"The finding reinforces that working to stay elite means that you have to work on your economy of movement," says Timothy Quinn, the author of the research.

ILLUSTRATIONS BY **CHARLIE LAYTON**

GET STRONG

Competitive runners have almost universally used high volume to develop and maintain running economy—and that method works, especially for those at the highest levels.

"I have always believed that running massive amounts of miles was the key to increasing running economy," says Deena Kastor, Olympic bronze medalist and half marathon masters world-record holder.

But not everybody has the time or the durability of an Olympian to put in high volume—nor should they.

A 2013 study by Italian researchers, published in the *European Journal of Applied Physiology*, investigated the effects of two strength-training protocols on running economy. The 16 masters marathon runners were randomly assigned to a maximal strength-training program, a regimen of moderate resistance training or a control group. The runners continued to follow an endurance-running schedule consisting of four or five days of training per week.

After six weeks, the maximal strength-training group showed a 6 percent improvement in running economy at marathon pace, translating into 6 percent less energy used while running the same pace. The moderate resistance group that used the same exercises but with lighter resistance showed no such gain.

"I HAVE ALWAYS BELIEVED THAT RUNNING MASSIVE AMOUNTS OF MILES WAS THE KEY TO INCREASING RUNNING ECONOMY."
—DEENA KASTOR

The study revealed that increased muscular strength and neurological coordination lessen the amount of muscle force needed for each stride, reducing the overall workload required to sustain marathon pace. It also showed that simultaneous strength and endurance training don't negatively affect VO_2 max or cause weight gain.

HEAVY LIFTING

Despite the continued evidence that strength training enhances running performance, some runners are still reluctant to hit the gym. It may be motivating to remember, however, that the increased rate of injury for the 40-plus crowd is largely due to loss of strength.

"To improve performance, runners are realizing that they need to be athletes, and weight training is one such avenue for improvements in running economy," says Greg McMillan, a coach and the author of *You (Only Faster)*. "But it has to be done right, especially for those who haven't done a lot of weight training." RT

Boosting the Economy

To develop running efficiency, coach Greg McMillan recommends the following training methods:

MILEAGE
Runners can't improve their strides without actually running. Practice makes perfect. The repetition of training reinforces the neurological connection to muscles.

PACING
Economy needs to be specific to race pace, so practicing that speed over a training cycle leads to using less energy to maintain it.

HILLS
Six weeks of hill intervals improves 5K performance, studies say. "I let running on the hills in and around Mammoth be the resistance training that develops economy," Olympian Deena Kastor says.

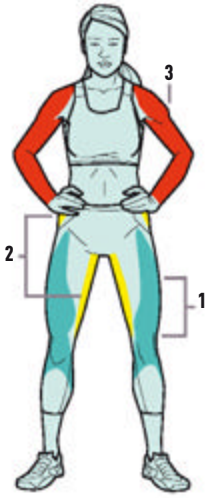
STRENGTH
Do three sets of three to four reps of lunges and squats using a weight that is 85 to 90 percent of the max you can lift. If you are new to strength training, use body-weight resistance before adding weights.

Simple Strength Moves

BY CARL LEIVERS

To reduce the rate of muscle loss that begins at 30 and to stave off muscular imbalances that older athletes experience, runners must focus on strength training.

Vern Gambetta, a renowned coach and consultant to professional athletes, says runners don't need to spend a lot of time on strength but that consistency over time is key. Gambetta recommends starting exercises at body weight before adding resistance, and working with a strength coach to guide proper form.



1 / SINGLE-LEG SQUATS

Start with one set of 10 reps on each leg; progress to two sets of 20 reps.

› "Squats are all-purpose exercises that require no equipment and can be performed anywhere," says Jeff Horowitz, author of *Quick Strength for Runners*. They improve the strength of the lateral stabilizers and quads. Running doesn't do much to improve these muscle groups, but if they're weak it can lead to problems.

2 / STEP-UPS

Start with three sets of six reps on each leg; progress to four sets of 10 reps.

› These are a key exercise to help runners increase strength in hamstrings and glutes.

3 / CHIN-UPS

Ian Nielson, strength coach for the Mammoth Track Club, recommends including a "body-weight pulling movement," like a chin-up, every other workout. It will help with posture and improve arm carriage.



THE LOST ART OF PACING

STEPPING AWAY FROM THE GPS WATCH FORCES YOU TO RACE SMARTER. *By Ashley Rodriguez*

When Katie Edwards toed the start line at the Hartford Marathon on a rainy day last October, she was chasing a 2016 U.S. Olympic Team Trials qualifying time. But somewhere around mile 5, her GPS watch lost its signal—and it never came back. Alone on a course crowded with more than 2,400 runners, she had nobody to help set the pace. ¶ "I am completely dependent on GPS in racing and training. I have pretty awful internal pacing," Edwards says. "There was no one to run with. [I thought,] 'I trained for this, and now I have no way of knowing what my pace is.' That was a little panicky." ¶ But the sudden lack of GPS was "the best thing that happened that day," according to Edwards. She started letting the time on her watch and the clocks on the course guide her, calculating her splits along the way. It kept her mind occupied and showed her that she could trust in her training—it had prepared her to run 6:11 pace for 26.2 miles.

Edwards clocked 2:41:56—making her eligible to enter the Olympic trials. She also qualified to run as one of a handful of elite women at the 2015 Boston Marathon.

BREAKING THE ADDICTION

Although GPS interference didn't end in a missed goal for Edwards, it easily could have. Kevin Hanson, coach of the Hansons-Brooks Original Distance Project, thinks there is a "lost art of feeling pace." He encourages his athletes not to become too dependent on their GPS—especially in cities, where buildings can affect the transmission of satellite signals that are crucial to providing accurate numbers for distance and pace. He recalls a race last year in which several of his athletes struggled.

"The race was in a city and they weren't getting accurate feedback, but they thought they were. It wasn't until midway through the race when it dawned on them, and they thought, 'Wait, that doesn't make sense,'" Hanson says. "They thought they were running on pace and they

Use It or Lose It?

USE YOUR GPS

Tempo Runs
When you need to get in a hard workout and pace is key.

Unfamiliar Areas
When you need to make sure you're running a mile and not 0.8 miles.

Uncertified Courses
When there's a chance that 5K course actually could be 3.3 miles.

LOSE YOUR GPS

Recovery Runs
When tracking your pace isn't critical.

Certified Courses
When you're running a course blessed by USA Track & Field, your best bet is to use the clocks and mile markers along the route for accuracy.

Cities and Wooded Areas
When you're surrounded by trees and high-rises that block the satellite signal needed to accurately report mileage and pace.

were actually 40 seconds slower."

While GPS devices continue to improve, they're not perfect. Who hasn't run a marathon and heard the familiar ding of watches clicking off mile splits before or after the official race markers? That's because no measurement is as accurate as the one taken to certify a course. When a watch is off by several seconds each mile, runners adjust to match desired pace, often going too fast initially, then fading later in the race after trying to make up for lost time.

"We become less efficient at running pace with a device because we're always bouncing back and forth at what our watch says instead of what it feels like," Hanson says.

PREDICTABLE PACING

Bryn Mawr Running Company in Pennsylvania hosts several "prediction runs" each year, in which runners leave behind their devices and predict their finish time for a set course, typically 5, 8 or 10 miles. The runs aren't about speed—they're about accuracy. Awards are given to the 10 runners who finish the closest to their predicted time.

The top-10 prize winners always finish within 30 seconds or less of their predicted times. But the top five are typically within 10 seconds or dead-on, says Bob Schwelm, owner of the store. He has hosted hundreds of these runs since 1996 and says many athletes have told him that the repeated exercise of ditching their watches has helped them learn their proper paces.

Schwelm went an entire year without wearing a GPS device.

"There is a time and a place for a GPS—like something hard, such as a controlled tempo run," he says. "I think that's the only time you need it. I don't think you need it for recovery runs."

Hanson echoes the belief that a GPS can be beneficial in certain instances, particularly in unfamiliar areas or on an uncertified course, when runners really need to track the distance covered.

Although Edwards says she still uses her GPS most of the time, losing that signal during a big goal race built up her confidence that, if disaster strikes again, she can feel a pace and hold it.

"Now I'm not so uptight about things going wrong," she says. RT



Athletes should pay attention to when and how they consume forms of sugar.

Sugar Rush

Sugar is a carbohydrate, which athletes need to perform. But we've all been warned about the health implications of too much consumption of the sweet stuff. Research published in the *Journal of the American Medical Association* concluded that those who took in 25 percent or more of their daily calories as sugar were more than twice as likely to die from heart disease as those whose diets included less than 10 percent added sugar. It's surprisingly easy for intake to add up when sugar is added in obvious places (soda and fruit juice) and not-so-obvious foods (salad dressing and bread). The study found that the risk applied equally, regardless of a person's age, sex, physical activity level or weight.

How do we balance that information with the need for fuel? Sugar comes in various forms, which our bodies break down and use in different ways, depending on how and when they are consumed.

GREEN LIGHT

While simple sugars (think the white stuff you put in your coffee) generally have a bad reputation, they serve a purpose in the endurance athlete's food arsenal. During hard, long workouts or races that last longer than an hour, runners need gels and sports drinks that contain sugars that can be absorbed quickly. Numerous studies support this, including the International Olympic Committee's consensus statement on carbohydrates for training and competition.

YELLOW LIGHT

Low glycemic meals are best before races and hard efforts. Pick unprocessed carbs like whole fruit and oatmeal, which produce more sustained energy. A study published in the *Journal of Science and Medicine in Sports* found that cyclists performed faster 45 minutes after a low GI meal than one that contained high GI foods like sugary energy bars or white bread. And after the long run? While you may want that donut, whole-food choices will satiate you longer.

RED LIGHT

Those simple sugars that fuel performance during a run are the same ones that get stored as fat when we're not crushing a marathon workout. In everyday dietary decisions, it is best for most runners, no matter how serious, to heed the advice of the American Heart Association: Fill up on whole, unprocessed foods and limit added sugar intake to no more than 100 calories per day for women and 150 calories per day for men.

—Erin Strout

Tony Cordoza/GettyImages



Courtesy of Steve Magness

PERFORMANCE PAGE

By Steve Magness

Old-Man Strength

A COLLEGE COACH CAN OUTLAST HIS ATHLETES, BASED ON YEARS OF BUILDUP.

WHEN YOU SHOW UP AT MY COLLEGE TEAM'S PRACTICE, THE BANTER OFTEN ISN'T about the difficulty of the workout or the humidity—it's about my assistant coach and me. The men find it a challenge to drop the coaches on a tempo run. Not because we're in phenomenal shape or because our team isn't good. No, we're known for our "old-man strength."

Old-person's strength is our ability to complete longer aerobic efforts, whether tempo runs or long runs, despite not having the current fitness or training to justify performing at that level. While in my heyday of competing, I might have run 100 or more miles per week with multiple speed workouts; I now settle for around 65 miles and squeeze in a workout once every three weeks. Despite this reduced volume and intensity, I can still run tempos and long runs at paces close to, or sometimes better than, I did before.

From a physiological standpoint, this phenomenon makes perfect sense. The body adapts well to repeated training stress, with the goal of becoming as efficient as possible at doing the activity that is causing the stress. My brain has built stronger connections to my muscles and cardiovascular system—recruiting the necessary fibers and oxygen. After many thousands of miles, the delivery system of blood to the muscles has expanded and increased.

In other words, I've developed an efficient freeway system in my body. And even if I don't have the fastest car, I can get places pretty quickly due to the extensive delivery network created over years. Compare this to a young runner who has a much bigger engine and faster car to drive, but whose "roads" haven't been fully developed. The key is that I still train enough. Sixty-five miles per week may be only about 60 percent of what I did previously, but it works to maintain all the adaptations.

What can we take away from this lesson of my old-man strength? It's easier to go somewhere if you've been there before. In training, we become adept at what we practice. It seems simple enough, but it has some profound consequences.

It's easier to maintain something we've built than it is to recreate a parameter all over again.

When you're training for your next race, keep in touch with all workout types and intensities throughout the plan. Don't go three months without doing a single fast stride. It's counterproductive. You want to keep those pathways and freeways open for business so that when you really need to go in that direction, like at the end of the season, it's a quick transition.

The other message? Know your biggest bang for the buck. If I can keep my aerobic gains at 65 miles per week versus 110 miles, the likelihood of getting any significant aerobic gains by increasing my mileage again is minimal. I've already developed and maxed out that area. Instead, I should look for improvements in an area where I haven't fully developed yet.

Renato Canova, Chinese national coach, uses this principle when building yearly mileage. For example, the mileage progression of Saif Saaeed Shaheen, steeplechase world-record holder, increased for four years to 120 miles per week, but then reduced to 100 miles in the fifth year and 80 miles in year six. The reduction to 80 was because his base was built and he just needed to maintain it and attack improvement in other areas instead.

The same principles can be applied to your training. Take advantage of your "old-person's strength." If you're young and developing, build that base up over several years of consistent work to engrain those adaptations. If you're a bit older, do enough to maintain what got you there, but change up the training to give your body new stimuli and new strengths. RT



Steve Magness coaches professional runners and the cross country team at the University of Houston, where he is pursuing a doctorate in exercise science.



Bad races happen. The strongest runners bounce back quickly.

How to Handle a Head Case

High school athletes, more than seasoned runners, are susceptible to mental lapses that affect their racing.

BY LIAM BOYLAN-PETT

Doug Soles, the cross country and track coach at Great Oak High School in Temecula, California, remembers a race a few years ago when one of his top runners was supposed to finish in the top 10. She didn't make the top 100. "What in the world just happened?" he remembers thinking.

As it turned out, the teen was struggling with a range of pressures, which included trying to run at a high level. Soles and his coaching staff worked with her, and eventually she started racing the way she was capable of, based on her workouts.

The mind, like the body, can be trained. Here are three psychological pitfalls that commonly plague high school, as well as adult, runners, and some coaching strategies for overcoming them.

ILLUSTRATION BY **CHRIS HORNBECKER**

Crippled by Pre-race Nerves

What It Looks Like

→ A runner is talking about everything that could go wrong, spreading negative thoughts and worries to teammates (even if it's not intentional) and making comments about the weather, the course, the competition, or anything else that might be tough.

The Cure

→ Pre-race jitters are standard. Runners should expect them—and even welcome them as a sign that they care enough to put forth an effort that causes some discomfort. "It's very normal to be nervous," says Brittney Lanehart, cross country and track coach at Smithson Valley High School in Spring Branch, Texas. "Nerves mean you have an opportunity to do something great."

But when a runner sets lofty goals and harbors fears of letting others down, it can suck energy away from racing. For Soles, the solution is to integrate pressure into practices by frequently exposing his runners to race pace. "We work on getting kids to a point in practice where they feel so comfortable that the race is an afterthought," Soles says. "We're going to be so dialed in to the concept of running that pace that we're not worried about anything else."

Runners who get psyched out by the expectations they feel from the team and from themselves often benefit from being reminded of the difference between dreams (what they hope will come true) and goals (targets that they can be confident of hitting based on workouts).

Giving Up Midway

What it Looks Like

→ A runner expects to be top-five in a race, but midway through she finds herself in 20th. Instead of finishing with a strong second half, she slows to a jog and finishes in 35th.

The Cure

→ Soles teaches athletes how to talk to themselves midrace, especially if they are struggling. These internal triggers will check the impulse to give up when the going gets tough.

Great Oak runners are trained to say two things to themselves at the 1-mile mark of a cross country race: "I feel great" and "Time to move up." At the 2-mile mark, Soles tells them to ask themselves, "How bad do you want it?" He doesn't wait until race day to give these instructions; they've been ingrained from preseason runs and early meets. "Everybody fears a test they haven't studied for, but not one they have the answers for," Soles says.

Focusing runners on the effort of each moment and the specifics of their mechanics (breathing, turnover, stride), rather than on the miles remaining, can curb self-doubt and help athletes endure the bad patches, when they feel they are failing.

Lingering Bad-Race Blues

What It Looks Like

→ All week after the race, the runner talks about what he can't do and why he wasn't faster. He seems to forget about any of the races that went well earlier in the season.

The Cure

→ For the first 24 hours, let the young athlete feel like the bad race is an earth-shattering event. Then discuss the race to pinpoint the problem.

Next, move on. "The hardest part with these kids is that one bad race can stick in their mind more than 10 great races," Lanehart says. So she finds positives to help build their confidence. "As long as your effort is high," she tells her runners, "there's still going to be physiological advancement."

According to Michael Sachs, a sport psychologist at Temple University, a cleansing ritual practiced by the entire team can help. It may sound corny, but write about a bad race on a piece of paper and then rip it up and throw away the pieces. A written goal, he says, posted inside a locker or on a chalkboard, can help focus a teen runner on why he's training and the outcome he's seeking. RT

> "NERVES MEAN YOU HAVE AN OPPORTUNITY TO DO SOMETHING GREAT."
>
> — COACH BRITTNEY LANEHART

Getting Over It for Adults

DISAPPOINTMENT after a bad race shouldn't linger in adults, right? After all, we have real things to worry about. But according to sport psychologist Michael Sachs, it's natural to be upset by a subpar performance. Running is important to us; we feel like we have control over the outcome, so when races don't go well, it's a let-down.

Adults usually have an easier time bouncing back than teens, but sometimes need extra help. Sachs offers these strategies for overcoming a poor performance:

› Toe the line again, especially if you feel you had a one-time bad day. Redeem yourself with another effort, pronto.

› Take a break and get back to training. Schedule a workout that you've nailed before. If it goes well, try others until you feel ready to race again.

› Visualize: Lie back and analyze the bad race. After thinking about it for a bit, Sachs says, "Press the reset button." Then visualize a good race. Finally, think ahead to your next race and how you plan to do there.

Elizabeth Krenos



Cory Leslie (left) oversees a Furman University cross country workout.

The Furman Experiment

A unique arrangement combines a professional running group and a collegiate program under the same coaching staff. BY JOHN A. KISSANE

IN APRIL 2012, FURMAN UNIVERSITY, in Greenville, South Carolina, announced the hiring of Robert Gary to lead the school's cross country and track and field teams. The fine print in the press release stated that Gary would also oversee a "formalized post-collegiate training group," now known as Furman Elite.

Gary, a two-time Olympian in the steeplechase, had been the coach at Ohio State University and says the chance to work with recent college graduates sealed the deal. "I was coaching several potential Olympians who were living this gypsy existence after finishing at Ohio State," he says. "They had minimal shoe contracts and were surviving month to month. The opportunity to set up Furman Elite was part of what drew me here."

While Gary shoulders responsibility for the entire program—the collegiate and post-collegiate teams—his focus is on the professionals. Rita Gary, his wife, heads up the women's collegiate teams, while Chris Neal takes the lead with the men. In addition, Furman Elite athletes Cory Leslie and Craig Forys serve as assistant coaches.

Piggybacking an elite program on top of a college program gives athletes the best of both worlds. Capped at about 10 runners, Furman Elite provides a range of benefits including coaching, room and board, full access to Furman's sports medicine center and assistance with domestic travel to competitions. Undergraduates, in turn, draw inspiration from watching the pros trying to make national teams for the Olympics and world championships.



Who's Who at Furman

Robert Gary, *head coach*
member of the U.S. Olympic team in steeplechase in 1996 and 2004; ran career-best 8:19.46; 11-time U.S. cross country team member.

Furman Undergrads

Tripp Hurt *senior*
In 2014, ran Furman record 8:44.28 steeplechase at the NCAA East Regional to qualify for NCAAs.

Tanner Hinkle *sophomore*
Last spring established new Furman 10,000m record of 29:38.11 at the Raleigh Relays; qualified for NCAA East Regional.

Troy Reeder *sophomore*
2013 Southern Conference men's cross country freshman of the year; 2013 Indiana 1600m champion.

Top, Left: John Kissane; Bottom, Left: Courtesy of Furman Athletics; Top, Right: Ryan Hulvat; Bottom, Right: Victor Sailer/PhotoRun

> **THESE ARE SOME OF THE TOP RUNNERS ... DOING THE SAME THINGS WE'RE DOING."** —TROY REEDER

"It's really fantastic," says Stephanie Garcia, who arrived at Furman in September of 2013 and whose 9:24.28 for the steeplechase puts her No. 4 all-time on the U.S. list. Garcia has a small contract with New Balance, but the program still helps. "It's great to have this kind of security," she says. "I pay, like, one bill each month; otherwise, everything is covered."

Garcia knows she's a positive presence for Furman's undergraduate runners. "It's a really smart model for a school committed to building their track and distance program to be able to say, 'Hey, we've got potential Olympians and people who have represented their countries in international competition training right here at the same facilities.' The college programs here are growing by leaps and bounds and seeing the benefits of having some elites hanging around."


1

The current elite roster includes Wilkerson Given, a 2013 Furman graduate whom Gary points to as an example for the future. Given ran 9:49 for the 2-mile in high school and has progressed to 14:11 for 5,000m. His goal is to make the Olympic trials. "I think that sends a good message," Gary says. "In a perfect world, we'll get such good recruits at Furman that for the 2020 Olympic trials, the majority of the Elite team will be recent grads from the recruiting classes we've brought in here."

Recruiting for the collegiate teams is daunting, given that Furman is one of the smallest schools in NCAA Division I. Of course, prospective students are drawn by big results, and Furman is starting to produce them.


2

1/ Stephanie Garcia at the 2014 Falmouth Mile.

2/ Michael Hammond at 2014 club cross country championships.

The first came last June when the Paladins advanced junior Tripp Hurt to nationals in the steeplechase. And last fall, both cross country teams scored easy Southern Conference wins. The men took runner-up honors at the Southeast Regional, four points behind champion Virginia. The Paladin women finished sixth and were led by sophomore Allie Buchalski's ninth-place finish, which advanced her to nationals.

Although the men finished in 30th place at NCAAs, Gary is excited by the trajectory of the program. "I certainly didn't leave the meet feeling like our team was in over [their] heads," he says. "This is a special program made up of many freshmen and sophomores, with every intention of building a distance running powerhouse."

With Furman Elite athletes poised to challenge for national team berths, plus a collegiate program making rapid gains, Furman distance running is on the rise. "When I visited and heard all the goals the coaches have, it was hard to turn that down," says Troy Reeder, a Furman sophomore. "Furman Elite is one of the big reasons I came. These are some of the top runners in the country doing the same stuff we're doing—it makes you want to buckle down and do those things. And when you graduate, you've got first dibs on a spot, if you're good enough." RT

Furman Elites

Allie Buchalski
sophomore
Qualified as an individual for 2014 cross country nationals; runner-up at 2014 USA junior cross country championships.

Craig Forys
assistant coach
Finished sixth at the 2014 U.S. championships in the 3,000m steeplechase. His PR is 8:24.09.

Cory Leslie
assistant coach
Made finals of the 2012 Olympic trials in the 3,000m steeplechase. His PR is 8:20.08, and he has a mile PR of 3:53.44.

Jeff See
Advanced to the finals of the 2012 Olympic trials in the 1500m, where he finished ninth. His PR is 3:35.21, and his mile PR is 3:55.47.

Stephanie Garcia
Her PR of 9:24.28 in the 3,000m steeplechase is the fourth-best mark in U.S. history; member of the 2011 U.S. world championships team.

Fans Who Go the Distance

Ultrarunning doesn't have a huge following, but it boasts a few devout supporters. BY JUSTIN MOCK

Ultrarunning is an unsung sport where most finish lines are hardly celebrated. Thankfully, those who do show up to spectate are often devoted and enthusiastic. Want an obscure statistic regarding the best 100-milers of all time? Ever dream of turning a running obsession into a career? Meet three of the sport's most knowledgeable and passionate followers: ultra's super fans.



Ethan Newberry

AGE 34
HOMETOWN Los Angeles

Ethan Newberry is a redheaded comedian who has turned his website, The Ginger Runner, into a full-time job.

Newberry ran his first marathon in 2002 and first ultra race in 2012. He started his website about four years ago, initially to offer product reviews from the midpack runner's point of view. In the last year, however, the site grew into a YouTube channel that hosts live interviews with elite ultrarunners.

It's a place where Newberry's background in improv and sketch comedy shines. With expertise in music, composing and graphic design, he originally moved to Los Angeles to pursue acting and comedy.



Ethan Newberry wraps up a run on Dirt Mulholland Trail outside Los Angeles.

Eventually, Newberry experimented with putting all of his creative skills to use on the website, which he strives to make "entertaining but informative." He estimates that it takes about 80 hours a week; he even broadcast his own race-weekend double, when he ran the Squamish 50 Mile and the Squamish 50K. Newberry uses his own music in his video productions, and his first album broke into the top 15 on iTunes.

"I never thought in my wildest dreams it would be that successful," he says.

One of his online mottos is "Train Hard. Race Harder. Party Hardest." It's a nod to his philosophy—don't take running too seriously—and his live interviews with the elites of the sport keep the audience (and his guests) laughing. Newberry looks forward to tackling the 100-mile distance this year and continuing to grow the site. "I've got a lot of big things coming up that I'm really excited about, two to three years out," he says. "I have stuff planned out that far in advance."

Bill Dooper

AGE 80
HOMETOWN Leadville, Colorado

Bill Dooper has seen every Leadville Trail 100 race since 1988. With the enthusiasm of an NFL fan, he

Top (Background): Getty Images; Foam Finger: Mitch Mandel; Bottom: Courtesy of JT Teisher


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Great Lakes Endurance
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Conserve School
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Two Hearted
50K, Marathon & Half Marathon
27.June.2015 ● Paradise, MI
Waugoshance
Marathon & Half Marathon
11.July.2015 ● Cross Village, MI
Grand Island
Marathon & Half Marathon
25.July.2015 ● Munising, MI
Tahqua
25K & 10K
8.August.2015 ● Paradise, MI
Hartman Creek
Marathon, Half Marathon & 10K
13.September.2015 ● Waupaca, WI
Porcupine Mountains
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19.September.2015 ● Silver City, MI
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1 / Eric Schranz records UltraRunnerPodcast.

2 / Bill Dooper cheers on finishers at the Leadville Trail 100. He hasn't missed one in 27 years.

watched an oddball hobby turn into a global sport. While he's never run 100 miles himself, he likes the distance for its combination of strategy and endurance. "You miss your pace in a 100, it's not going to end well," he says.

Dooper hikes up to 30 miles per week in Leadville, which sits at 10,000 feet above sea level. Some typical leisure reading for him during the season is 42 pages of results, entry lists and race reports from a weekend of ultra competition. He remembers all of these statistics, compiling them in his mental database of the sport.

His devotion to ultrarunning and its competitors hasn't gone unnoticed in the community. Dooper's admirers raised money in 2014 to send him to the Western States Endurance Run, to show their appreciation for his longtime support. On the track in Auburn, California, he watched Rob Krar's victory. The champion greeted him there by his first name.

"When a guy like that remembers your name, that's pretty neat," Dooper says.

He capped his dream summer by also spectating at the Hardrock 100 in Silverton, Colorado, and Run Rabbit Run in Steamboat, Colorado. As the unofficial human encyclopedia of ultra statistics, Dooper makes prerace predictions—though he is careful not to offend his friends. (He now limits his guesses to an alphabetical list of top-10 finishers.)

Dooper has already booked his hotel for this year's Hardrock 100. He'll see you at the finish line.

"WHEN A GUY LIKE [ROB KRAR] REMEMBERS YOUR NAME, THAT'S PRETTY NEAT."—BILL DOOPER



Eric Schranz

AGE 40
HOMETOWN Sacramento, California

If ultrarunning had a voice, it would belong to Eric Schranz. The stay-at-home dad is the host of UltraRunnerPodcast, where he posts daily news from the world of ultra.

"When we started, I thought it'd be cool if I got a free pair of shoes," he says of the venture, launched with three friends. That was three years ago, and now companies actively seek reviews on his site.

The podcast, which takes about 20 hours of work per week, remains a hobby for Schranz. He's been running for 30 years and likes talking about it almost as much as he likes doing it. He spends a lot of his time researching before interviews, which come off a little like conversations between friends on a long run.

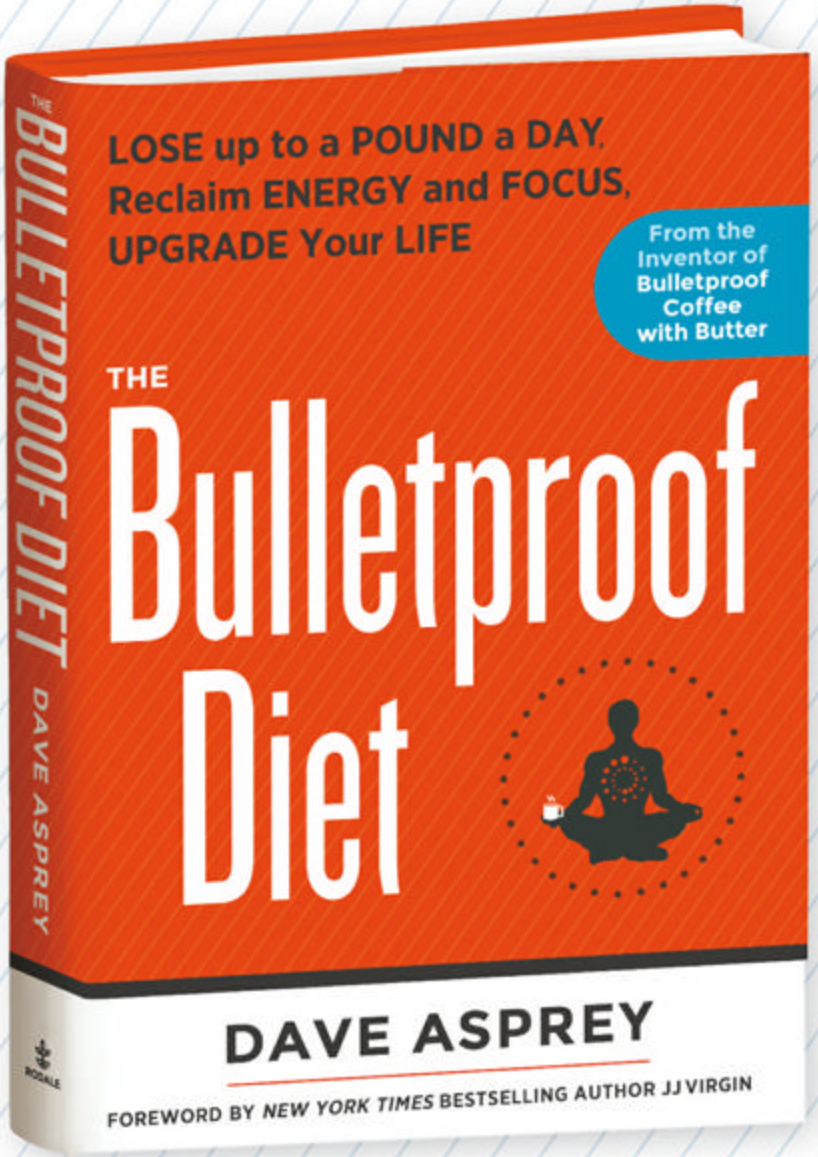
Schranz competed in the 2013 Bryce 100—his first stab at the distance. He had a coveted entry to the Western States Endurance Run five years ago, but his first daughter was due to be born at the time. Instead, that year he stuck close to home and looped a park 100 times to finish 100 miles.

The reaction to his presence at some of the biggest races in the country drives home how popular his hobby has become in the ultra community.

"Hey, I recognize that voice!" is the refrain Schranz often hears. "It is weird," he says. "I can't imagine what it's like to be a real celebrity." RT

Courtesy of Eric Schranz and Ethan Newberry

MASTER YOUR ENERGY AND TAKE CHARGE OF YOUR BODY



"Dave Asprey will make you question everything you thought you knew about nutrition and health. His revolutionary advice will truly make you a healthier, better-looking, smarter version of yourself—we can all be bulletproof like Dave!"
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REJUVENATION

At age 40, after two years of frustrating injuries, Jen Rhines is finding her way back to the top of elite results. Her motivation? Rewriting the masters record books—and training with a new group of teammates nearly 20 years younger.

By Marc Chalufour

Photographs by Guito Vitti


MASTERS SPECIAL



THREE WOMEN IN LONG SLEEVES AND black tights circle the track at Harry Downes Field in Brookline, just outside of Boston. Two of them have the classic long, fluid strides of distance runners, gobbling up the ground in effortless chunks. The third is shorter and more compact. Her knees bend only slightly, and her feet barely leave the ground. The stride doesn't look fast, yet it has carried Jen Rhines to three Olympic Games in three different events and has kept her near the top of U.S. women's distance running for two decades—and even now, at age 40.

The women pass 400 meters in 78 seconds. Juliet Bottorff, a 23-year-old Duke graduate, moves to the lead, followed closely by Rhines, then Elaina Balouris, a 22-year-old from William & Mary. Their coach, and Rhines' husband, Terrence Mahon, sprints back and forth on the infield, calling out every 200-meter split. "Two thirty-six! Great job!" he yells when they pass 800 meters.

After another lap, the trio hits 1200 meters. Mahon yells, "Three fifty-four, fifty-five!" The runners veer off the track, dash through a gate in the chain-link fence and disappear up the road. He chases after them, sprinting the quarter mile to Jamaica Pond, a 1.5-mile paved running loop.

Rhines and Mahon arrived in Boston in September 2013, when the Boston Athletic Association (B.A.A.) hired him to lead an elite American training group. The team now has seven athletes training for events from 800m to the half marathon. Most are recent college graduates.

By contrast, Rhines has been winning championships since before some of her new teammates were born. She captured her first New York State high school 1500m crown in 1991 and went on to Villanova, where she won five NCAA titles. A constant presence at the front of races since the mid-1990s, she won two U.S. titles—at 15K and the half marathon—as recently as 2011.

She followed an unorthodox path through three Olympics, making the 2000 Olympic team in the 10,000m, then moving up to the marathon for the 2004 Games and back down to the 5,000m in 2008. Three different distance events in three Olympics is an accomplishment that puts her in rare company on a list of legends that includes Sonia O'Sullivan, Mary Slaney and Paula Radcliffe—even though Rhines was never considered a medal contender. Other than a torn plantar fascia, which she suffered at the 2008 Olympics, Rhines had been remarkably healthy. But that all changed in the last three years.

The strain of training at the elite level she'd maintained for so long finally proved to be too much. In 2012, a stress fracture in her foot wiped out most of her year. She entered 2013 hoping to qualify for the world championships at 5,000m, but an altitude training stint in Kenya left her fatigued. Then her right

"You're in a new category and you're seemingly successful again. Things become a little more fun."



plantar fascia flared up after she increased her volume on the track, and she also took a hard fall on a training run, causing swelling in her knees. Rhines decided to cut the 2013 season short, too. "You just realize at some point that it's not really working," she says. "I was still trying to hit some of the same workouts I had in the past, and I just was having to work harder and harder to do it."

Mahon admits that she considered retiring. "She was trying to be a world-class athlete while fighting Father Time," he says. The couple was living in England, where Mahon was a distance coach for UK Athletics. When the B.A.A. hired him, Rhines suddenly found herself back in the U.S., at the center of a new team. And Rhines hit 40 last July.

"When you're 38, 39, and you're kind of running mediocre, it's kind of like, 'Oh, that person's not as good as they used to be,'" Rhines says. "And then once you turn 40, you're in a new category and you're seemingly successful again." Her face lights up and she laughs. "Things become a little more fun again."

LAST FALL RHINES RETURNED TO CROSS country for the first time since 2005, and she was surprised by her success. "We threw her into the Mayor's Cup because one of the [other] women was sick," Mahon says, referring to a prestigious Boston-area cross country meet. "It was like, 'Jen, the team needs you!'" After finishing third, Rhines began to think this winter might be her final chance to make a national team. If she can finish in the top six at the U.S. cross country championships in



At the 2014 Falmouth Road Race, Rhines (right) is 11th overall and first in the masters division.



After a year in the U.K., Rhines is enjoying her new training location in Boston.

Boulder, Colorado, in February, she'll earn a spot on the U.S. team heading to the world cross country championships in Guiyang, China.

Rhines' return to cross country was influenced by her team. "If I was just 40 years old and running by myself, I never would've said, 'Hey, maybe I should jump into Mayor's Cup this year,'" she says. She'd stopped thinking of herself as a good cross country runner, but after having a little success, she thought, "You did place 12th in the world once—it's in there somewhere." Though she placed just 19th at USATF club cross country nationals in early December, the goal continues to motivate her.

Beyond cross country, opportunities abound on the roads. Rhines set a U.S. masters 10K record—32:33 at the 2014 Tufts Health Plan 10K. Despite her success in the open ranks, this was her first American record, something she cherishes. Now she wants to take a shot at Colleen De Reuck's 5K mark of 15:48, which she missed by 10 seconds in October.

Though she doesn't plan to run a full track season, she's thinking about attempts at some of the masters records there as well. And she's not shying away from top competition. When she set a masters record at the .US National 12K, she did so running in the elite wave, not with the masters entrants. "It's still really fun to me that I can be competitive with the elite women," she says. "I want to enjoy that as long as I still can."



THE THREE WOMEN CRUISE PAST, A BLUR OF pink, grey and turquoise shirts, and head into their second lap of the pond. They're running 5:40-per-mile pace. After one more loop, they'll return to the track for 1200 meters at a quicker tempo. In all, they'll cover nearly 5 miles during the workout.

To extend her career, Mahon and Rhines are more cautious now, lowering volume and intensity and focusing more on recovery. "With Jen, we've changed a fair amount [in her training] over the years," Mahon says. "It's part age and part motivation—we change things up to keep her interested."

Rhines tries to get in just one good training session a day, rather than doubling as she did at her peak. Throughout her career, she was disciplined about devoting several hours each week to supplementary work—with strength circuits, hop circuits and stretching all part of the routine. The exact formula now has evolved to address particular weaknesses and to avoid potential injuries.

Rhines does less plyometric work than her younger teammates. She finds she needs to work hard to stay flexible, so she stretches diligently, emphasizing her quads, glutes and back. She does active stretching in the morning before running and myofascial stretching, with long, static poses, at night before bed. She's also begun doing yoga. Some evening runs have been replaced by 2-mile jogs along the Charles River with her pug, Star.

Even so, Rhines and Mahon occasionally get a reminder that they need to err on the side of caution. The day after watching her former Mammoth Track Club teammate Meb Keflezighi win the 2014 Boston Marathon last April, Rhines ran a track



At 2003 U.S. cross country, Rhines finishes third.



Rhines runs 49:21 en route to winning the 2005 U.S. 15K title.



With coach and husband Terrence Mahon at the '08 Olympic trials.

Previous Page and Left: Victor Sailer/PhotoRun (4)

workout—sets of 600s and 1,000s—faster than she had in years. "It was like [I was] back in my body from 10 years ago or something," she says, "and then I was injured the next day." A strained a calf set her back for three weeks.



THE COACH DASHES BACK OVER TO THE TRACK to await the group's return. They cut through the fence and into Lane 1 and accelerate: 79 seconds for their first lap, 2:26 for 800. Then 400 meters more and they're done. The women slow to a walk. Even though they've covered just about 5 miles of hard running in 27:46, no one looks stressed. They walk and chat about the workout and, minutes later, launch into the final portion, a series of 5 x 1-minute pickups on the path.

Rhines has been part of a training group for almost her entire career. After graduating from Villanova she trained and traveled with Amy Rudolph, then the American-record holder at 5,000m. She was also a charter member of the Mammoth Track Club, where she trained with Deena Kastor and Keflezighi, among others.

This time it's different: She's the veteran on a team filled with rookies. Mahon's first recruit to the new B.A.A. team was Boston University alum Katie Matthews, who joined Rhines in January 2014. The team expanded when a group of recent grads arrived last September, including Balouris and Bottorff, Emily Lipari from Villanova and Sarah Pagano from Syracuse. Rhines says they've helped rejuvenate her.

Her teammates, in turn, appreciate her veteran influence. "She does ground us all," Bottorff says. "She's the center that we all kind of revolve around." Rhines met Bottorff for the first time at last July's Peachtree Road Race 10K, where Rhines guided the overwhelmed young runner through the unfamiliar world of elite road racing. Teammates say she brings a calming influence to workouts.

After spending the past two decades focusing on four-year blocks of training to be ready for each Olympics, Rhines doesn't anticipate contending for national teams on the track anymore. Nor does she plan to give the marathon another shot. But with age has come a new motivation.

"I like the challenge of maximizing what I can do on the day," Rhines says of racing. "When I can figure out how to get that out of myself, I still get really excited." RT

THEN AND NOW

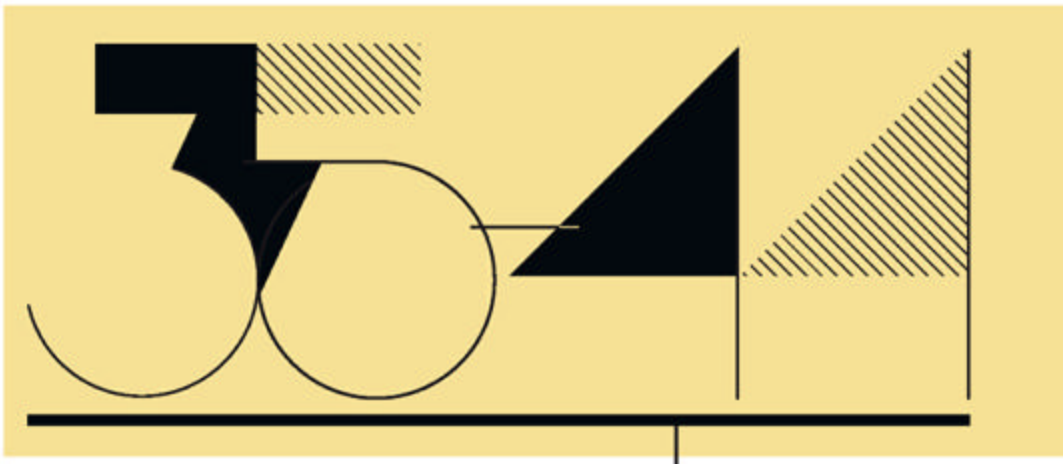
At her peak, Jen Rhines ran upward of 90 miles a week, more if she was in marathon training. In recent years, Rhines and Terrence Mahon, her husband and coach, have adjusted her training to extend her career. In volume and intensity, Mahon has dialed back Rhines' running and strength work. Here are typical training weeks, one from 2008 when she ran her 5,000m PR of 14:54.29, the other from 2014 as she entered the masters division.

DAY	2008	2014
Mon a.m.	7 miles (easy)	7 miles; drills and strides
Mon p.m.	3 miles (warm-up); drills; 4 sets of 3 x 50m hill sprints (walk down); 1 mile (cool-down)	2 miles easy with her dog
Tues a.m.	4 sets of 1 kilometer at 3:12–3:10 pace (90 seconds rest), 1 kilometer at 3:03–3:00 pace (3 minutes rest between sets)	3–4 sets of 1 mile at 5:20–5:16 pace (1 minute rest), 800m at 2:30–2:28 pace (3 minutes rest)
Tues p.m.	3 miles	Yoga and active stretching
Wed a.m.	12 miles (easy)	10 miles
Wed p.m.	Rest	Rest
Thurs a.m.	4 miles at 6:00–5:50 tempo pace (at 9,000 ft. elevation)	Aerobic run: 4 miles at 7:00–6:45 pace, 4 miles at 6:15–6:00 pace; drills; 8 x 100m in 16–17 seconds (30 seconds rest)
Thurs p.m.	3 miles (warm-up); 5 x 300m in 46–47 seconds (2 minutes rest); 2 miles (cool-down)	2 miles easy with her dog; active stretching
Fri a.m.	7 to 8 miles	Tempo run: 1 mile at 5:15–5:20 pace, 4 miles at 5:30–5:40 pace; 1 mile at 5:15–5:20 pace
Fri p.m.	3 to 4 miles	Yoga and active stretching
Sat a.m.	6 miles at 5:30 tempo pace	6 to 7 miles
Sat p.m.	3 miles	2 miles easy with her dog; active stretching
Sun a.m.	15 to 17 miles (hilly)	13 to 14 miles, with 10 x 30-second pick-ups in the final 5 miles
Sun p.m.	Rest	Rest
Total Mileage	**94 miles**	**75 miles**

MASTERING THE AGES

THERE'S NO DENYING WE'RE GOING TO GET SLOWER. BUT SUCCESSFUL RUNNERS KEEP COMPETING BY ADAPTING AND REINVENTING THEMSELVES AT EACH MILESTONE. HERE'S HOW.

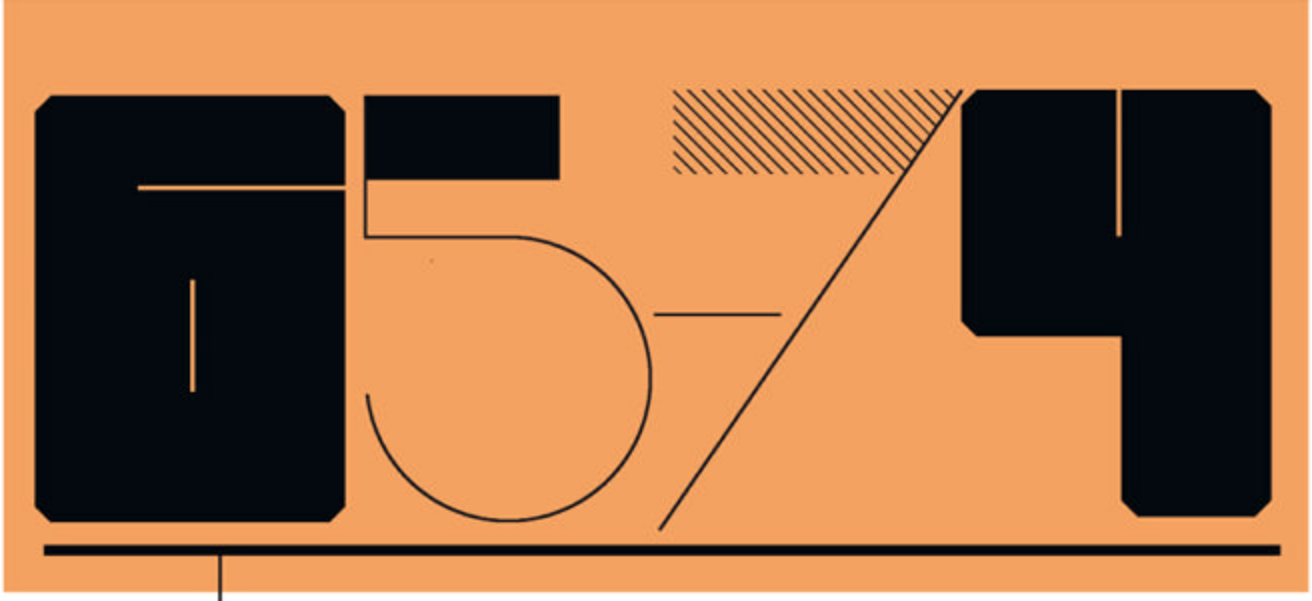
BY RICHARD A. LOVETT



RUNNING, IT IS OFTEN SAID, IS A LIFELONG SPORT. You can start as early as grade school and keep going as long as you can put one foot in front of the other. You grow, mature, set PRs and (hopefully) break them again and again.

But there comes a time when the PR chase grows difficult, except for those who entered the sport later in life and are still relatively new to it. And even those runners have to accept the fact that try as they might to keep fit and youthful, their bodies inexorably decline.

It's a process that on average begins sometime in our 30s. The rate of decline gradually increases to about 0.7 percent per year (with slight variations among events and between men and women) throughout our 40s, 50s and 60s, according to the current (2010) version of the age-grading

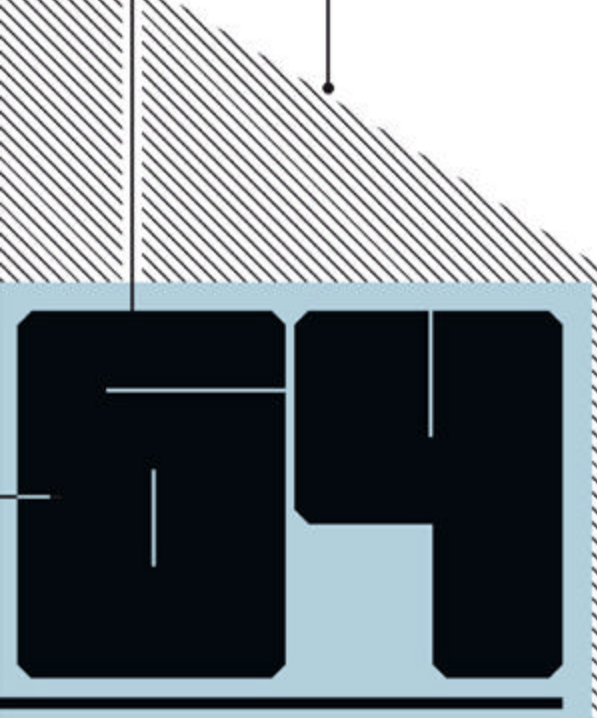


tables maintained by World Masters Athletics (available online through numerous age-grading calculators).

The reasons for this decline are mixed and not terribly well-understood from a basic physiological level. What is known is that age lowers VO_2 max and decreases muscle mass. Accumulated wear and tear makes you less flexible. All forms of healing take longer, including recovery from hard workouts, something you can't ignore unless you want to spiral into an endless cycle of overtraining and injury.

The good news is that it could be worse. At the 2014 Twin Cities Marathon, 59-year-old Christine Kennedy of Los Gatos, California, ran an age-defying 2:59:39, a time many runners half her age only dream of. "Humans are well-adapted to run into late middle age," says Daniel Lieberman, an evolutionary biologist at Harvard University who figured prominently in the bestselling book *Born to Run* by Christopher McDougall. In fact, says Lieberman, who has spent part of his career studying pre-industrial cultures, our ancestors appear to have evolved to continue running or hunting well into today's masters years. "Hunter/gatherers who survive childhood often live into their 70s or even 80s and remain very active," he says.

That does not mean, however, that the biology of aging can be ignored. It's still necessary to adjust your training—and your expectations—to the realities of getting older. Those adjustments differ as you progress along the masters path.







IT'S TEMPTING TO deny that age has any effect at the lower end of this range. After all, Meb Keflezighi's PR win at Boston came only weeks before his 39th birthday, and many runners continue to improve during their late 30s. But the two oldest Olympic gold medalists were Carlos Lopes (marathon, 1984) and Constantina Dita (marathon, 2008), both 38 at the time of their wins. "The magic number is 39 to 40," says Mark Cleary, coach of the So Cal Track Club. "I know guys who run really fast at 38, then all of a sudden say, 'Now I know what you're talking about.' "

Some spend their early masters career bemoaning every race as a new PW—personal worst. Others embrace it, counting the days until their 40th birthday when they have a chance to set records in a new category.

Amy Begley, a 2008 Olympian and now head coach of the Atlanta Track Club, says every athlete has to deal with change. "There was a high point, and now they have to reset the goals," Begley says.

Her husband, Andrew, another coach with the club, faced similar issues earlier than most, when a knee injury in his 20s took him out of elite competition. "My advice is to learn to race against yourself," he says.

One way to measure that personal competition is by using predictor workouts, then trying to beat the prediction. Andrew Begley used the Mile Down workout, starting with 1600m, then working down: 1200-800-600-400-300-200m. "When you add up all of the times for this workout, I could run within 20 to 30 seconds of that for a 5K race," he says. "So when I got into the race, I was trying to run a little faster than predicted. If I could look myself in the mirror after my race and tell myself that I worked hard and didn't quit, it was a victory."

In terms of training, the changes at this early stage in masters running are relatively minor. Realize that injuries can be more frequent and take longer to heal. "Extra recovery time needs to be built in," Amy Begley says. "You may wind up doing more cross-training." And women, in particular, need to be aware of the risk of declining bone mass. "I encourage lifting exercises to keep up density in the upper body and spine," she says.

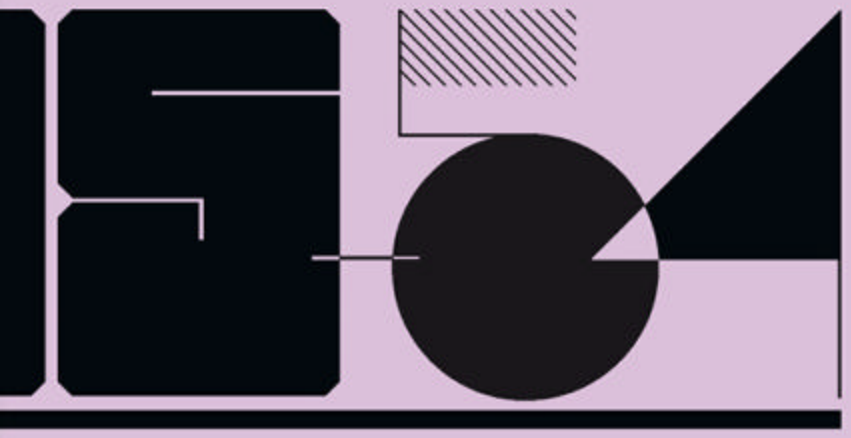
Some spend their early masters career bemoaning every PW—personal worst time.

priorities

- Accept that things have changed: Don't collect personal worsts.
- Look forward to being the youngest and fastest in a new competitive field.
- Learn to evaluate results in relation to your workouts and your effort.
- Start to add extra recovery time and cross-training.

WHILE THE INCREASE in recovery time and the decline in top performances are impossible to ignore, this age can be one of the most rewarding of a runner's life. Each age group represents a chance to be the young runner again, providing anticipation as the turn-year approaches and offering the thrill of setting new marks and competing for awards as you enter the new group.

Some people who had busy family lives when they were younger may suddenly find new time for training. Consider Colleen Rocereto of Tigard, Oregon. At 49, with the last of her three sons in college (and a 40:56 10K already in her arsenal), she has started joining groups—one on the track and another for weekend runs—in preparation



for seeing what she can do in the 50–54 age group. The opportunity to do such workouts with partners, rather than just running out the door, has opened a new window on her training. "I feel like I can get faster and stronger," she says.

Another motivation is simply to beat the age-grading curve. In fact, you can easily channel the energy you once put into chasing PRs into chasing age-graded PRs, with similar, if not greater satisfaction as you defy the hands of time.

But this is also the age when masters reality truly sets in. Not only do you have to be exceptional to still be fighting for the type of position you might once have had among the open-class runners, but if you haven't already adjusted training to accommodate your changing body, you're in danger of spending this decade fighting off injuries. "Keep health before fitness," says Tom Cotner, distance coach for Seattle's Club Northwest. "If you're always having to compromise workouts by what hurts, you're not going to get very far."

Part of staying healthy is maintaining muscle strength and flexibility. "That's a real change from a number of years ago," says Bob Williams, a Portland, Oregon, coach. "People are now in the gym—they're really doing it."

Two muscle groups of particular importance are the calves and hip flexors.

For the calves, the most common problems are inflexibility and muscle pulls. But aging calves can also lose power. To see if this applies to you, Cotner suggests finding a steep hill and running up it, counting strides. He uses a hill that's about 500 meters long, with a grade of 12 to 14 percent, but there's no magic to that formula, especially in places where long, steep hills are hard to find. What matters is that the fewer strides it takes to cover the course, the more power you have in your calves—and that you repeat this test on the same hill periodically to see whether you're improving, declining or maintaining.

As for hip flexors, they are the muscles that help lift your knees and swing them forward between strides—meaning that there is a strong correlation between hip flexor strength and running speed. But they can lose strength and flexibility, especially if your job entails increasing amounts of sitting as you get older.

Tight hip flexors can also lead to hamstring problems. That's because the hip flexors attach to the pelvis and to several vertebrae of the lower back. When they get tight, Cotner says, they change the tilt of the pelvis. The result is a reduced ability to activate the glute muscles, less hip extension (the upper leg going out behind) and hamstrings that are overstretched and weak—so much so that Cotner sees the combination of these problems as a common syndrome.

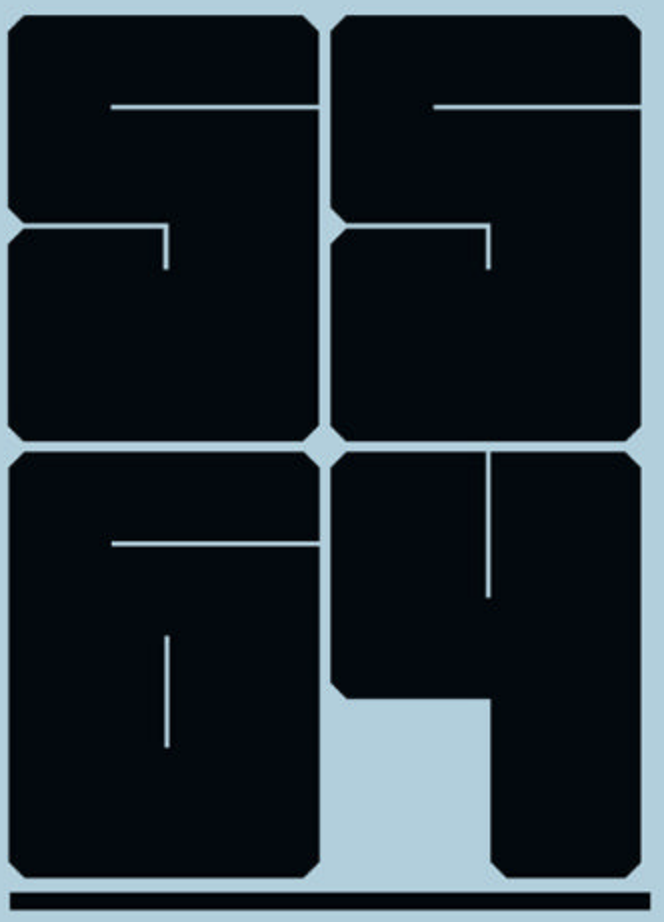
The solution to any of these problems, of course, is strength and flexibility training. You can no longer get away with perfunctory stretches and just running. All those articles about supplemental training that you ignored in your 20s now make the difference between continuing as a successful racer and dropping out with injury or dropping off with a compromised stride.

Other training tips for runners in this age group are simpler. Pretty much every coach, for example, recommends spending as much time as possible on soft surfaces. "Run too much pavement," Cleary says, "and your days are numbered." He feels that even tempo runs should be on a track, trail or other soft surface. "I'll do 24 laps around a sports park, on grass," he says. Cleary is 56; if you insist on spending all your time pounding the pavement, he says, "I'll be running 10 years from now when you're not."

priorities

- Find new motivation with each age group or in beating your PRs with age-grading.
- Use newly found extra time to train more.
- Work on strength and flexibility, particularly in the calves and hip flexors.
- Run on soft surfaces.

If the average runner slows down by 0.7 percent per year and you only slow down by 0.6 percent, that's a win.



priorities

Learn to appreciate your successes, recognizing that your running years are limited.

Make allowances for every year of aging.

Become expert at monitoring your recovery; no single formula works for everyone.

Take advantage of established fitness to maintain performances with less effort.

TO BEGIN, THE 55–59 age group is the first to show a truly marked drop-off in the number of competitors. For example, in 2014, the 9,000-runner California International Marathon saw only 397 combined male and female finishers at ages 55–59, compared to 702 in the 50–54 group and 915 in the 45–49 group. By 60–64, the number of finishers had plummeted to 189.

Other than praying you have good genes and doing your best to maintain a healthy lifestyle, there's not a lot you can do to keep yourself from joining the ranks of those sidelined by arthritis and other nonrunning ailments. But if you're one of those people who is never happy with your race results, this might be a good time to start acknowledging the successes you've already had, before the unpleasant time comes—however far in the future—when there are no more successes.

"I am appreciating my past times more than I did when I ran them," says Suzanne Ray, who last fall, at age 62, set the course record for 60-plus at the California International Marathon with a 3:24:01. "The key to longevity in running is joy," she says.

But this doesn't mean you can't still strive for improvement. Running, Ray says, is as much about meeting your own goals as it is about beating your rivals, which means the drive to constantly seek more from yourself is "almost essential."

Also important to realize is that the 0.7 percent annual decrease in performance translates to 3.5 percent over the course of each five-year age group. The youngsters in your age group are now 20–30 seconds per mile ahead of you, and it's easy to get frustrated. "The last two years in the age group can be tough," Cleary says.

One way to deal with this is simply to wait it out until the next key birthday rolls around. Another is to use the upcoming age group as an incentive. That's useful, Williams says, because "you need to ramp up a year or so early to really be effective."

Meanwhile, you do need to make some training changes. One is to recognize that just as masters runners don't recover as easily as open-class runners, older masters runners don't recover as quickly as younger ones. You have to become more adept at monitoring and judging your recovery, not relying on timing rules or other runners' experiences.

"The key is only to do the next workout when you're recovered," Cotner says. "In some cases it's only a day or two longer than in the 30s and 40s. Sometimes it can be a whole week."

Cleary adds that this is a good time to start taking extra rest days, even if that means taking two or three days off in a row if you feel a warning twinge. "I've learned that being in the game is more important

"The key is only to do the next workout when you're recovered ... sometimes it can be a whole week." —TOM COTNER

65-69

than trying to push and not being able to compete," he says. In his coaching, he's adopted the same attitude. "I tell them, when in doubt, do a pool workout. That has saved more butts than I can tell you."

If the idea of backing off makes you feel lazy, Tom McGlynn, founder of the online training program called Runcoach, has a rule of thumb he calls 60/80. It applies to runners of all ages (McGlynn is in his early 40s) but is particularly important to older masters runners bemoaning their inability to put in the high volumes they once did. What the 60/80 rule means, McGlynn says, is that even massive cutbacks in training don't slow you down as much as you might fear. "I can do 60 percent in terms of volume and intensity and still be 80 percent as good," he says. Though to make this work, he says, you need to be careful not to jack up your speed work in an effort to compensate for reduced volume. "A lot of people do 60 percent of the volume, then train so hard they have Achilles tendinitis and everything else," he says.

Even if you've had a relatively smooth path through your masters career so far, this is another time when you may need to revise expectations for racing and training.

WHATEVER EVOLUTIONARY biologist Lieberman says about our distant ancestors, this is an age where simply lining up for the start of a race is something most peers would never attempt.

But if you're careful and dedicated, it's still possible to be good. One person who's discovered this is Mike Reif, coach of the Genesee Valley Harriers, an upstate New York club that has won dozens of masters championships.

"I've been running for over 55 years and [at age 65] got motivated because of the new age group," he says. He lost weight and began running with the athletes he coaches. He also remembered his youth, when he was on a national championship team. "My mindset went back to that," he says. "If you can make that transition, you can get motivated at any age."

"Unless there's something anatomically wrong with you, you can get some pretty good speed going."
—JOE KREGAL

Also useful is to find a club, even if many of the runners aren't your age. You can mentor some of the young ones. Others are inspirational, letting you point to a young speedster and say, "Hey, he's part of my team."

Reif's club competes in USA Track & Field meets, where masters events can have sizeable fields, even in the higher age groups. But in road races, Joe Kregal, a 70-year-old from Portland, Oregon, says he is far too often the only one in his age group. That, he says, makes the victory feel hollow, even though he can still run a highly respectable 22:48 5K. "So," he says, "I compete with whoever's moving. If there are 1,000 people in the race and I come in in the top 20 percent, that's my race."

From a training perspective, caution now rules. Kregal is a fan of monitoring his body's twinges and reacts accordingly. And he believes in active recovery, like swimming and biking.

It's also increasingly important to pay attention to strength training. The average person steadily loses muscle mass after age 30—this can represent a 30 to 40 percent decline by age 70. Just because you run, don't believe you're immune to this.

And whatever you do, don't listen to the naysayers. "Unless there's something anatomically wrong with you, you can get some pretty good speed going," Kregal says. "The problem is that society wants to close you down. Don't quit when people tell you to."

priorities

- Find company: Join a club and look for races with strong masters fields.
- Lacking peers, compete with the open field, defining success on your terms.
- Make caution your top priority in training.
- Get serious about regular weight training.

75+

KREGAL'S ADVICE to 70-year-olds applies double to the age divisions above him.

For about two decades, beginning in the late 1980s, John Keston (now 90) was the dominant runner among his peers, setting age-group records in a wide range of distances. In his 70s he trained fairly traditionally, but as he approached 80, he found that rest had become so important he shifted to a three-day workout rotation, running one day (up to 16 miles), then walking 6 miles on each of the next two days. "I also raced a lot, using the races as my speed work," he says.

Only running every third day was a radical change from his prior training formula. But, he notes, "It worked." It worked so well, in fact, that at 80 he set world's bests for at least three distances: the mile, the 3,000m and the half marathon.

Others find, though, that as the years mount, the one-time nuances of form, pacing, race strategy and training take a backseat to simply lining up for the next race start.

Marv Metzer, an 87-year-old from McCook, Nebraska, still manages a 3:26 half marathon. Not fast, but it's the equivalent of a 30-year-old's 1:43. At his age, he says, training becomes more and more like work, and it's increasingly difficult to stay in shape. You also have to get used to the fact that you're slower than you'd like to be. On a recent training run, he says, he noticed his shadow and "it looked like I was walking."

He's also had to reduce his racing (because otherwise he'd spend all of his time recovering) and cut his training drastically. "I'm only doing about 15 miles a week," he says. "A few years ago, I did 60."

But he plans to keep going, even if eventually he winds up walking. "Unless something happens," he says, "I'm still going to be out there moving."

Reif echoes the same sentiment. "Use it or lose it," he says. "Its very important to stay active and healthy. I am very motivated to live a healthy lifestyle for the rest of my life."

And from a much younger masters perspective, Cotner notes that with each new age group, everything readjusts. "But that's what masters running is," he says. "You're reinventing yourself every season. We wipe the slate and start over."

"You're reinventing yourself every season."
—TOM COTNER

priorities

- Ignore the voices that say you're too old.
- Reduce racing and training volume.
- Wipe the slate and start new every day.
- Keep running.

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THE SPARK

WE ALL HIT PLATEAUS. PERFORMANCE BREAKTHROUGHS COME TO THOSE WHO SEEK CHANGE.

BY DANIEL P. SMITH / ILLUSTRATIONS BY JAMES CAREY

After the first few years of heady progress, runners often find that their improvement curve plateaus. Though they continue diligent work, new PRs—even incremental gains—become difficult to achieve. ¶ But once in a while, veteran runners experience the type of breakthrough they dream about, where a small change in training spurs a new level of excellence. The five runners that follow found tweaks to their routines—like increased intensity, more strength training or even new running partners—that lifted them to a new level of performance.

THE SPARK TRAINING WITH A GROUP

THE RUNNER

Kate DeProsperis

Age › 35

BREAKTHROUGH

14-minute marathon PR

KATE DEPROSPERIS HUNTED A SUB-3:00 marathon from 2007–09 and repeatedly fell short.

Enlisting the guidance of Olympic marathoner Jenny Spangler, DeProsperis captured that elusive mark at the 2009 California International Marathon with a 2:50—a 14-minute PR. While Spangler brought a new attitude to DeProsperis' training, she brought something else as well: a training group.

Spangler noticed that DeProsperis successfully completed prescribed track workouts but struggled to hit her target paces on long runs and tempo runs. She urged DeProsperis to join her Sunday morning group for longer efforts.

"It held me more accountable for my training and gave me the encouragement I needed," says DeProsperis, who adjusted her schedule to accommodate more group running as she chased the 2:46 Olympic trials standard.

Continuing to run with Spangler's hard-charging group, which includes about 20 athletes holding sub-3:00 marathon bests, DeProsperis earned a 2:48 in 2010. The following year, she completed CIM in 2:45, earning her spot at the trials.

"If I didn't have this group and their support, there's no way I would've achieved what I did," DeProsperis says.

"RUNNING WITH A GROUP PROVIDES MENTAL AND PHYSICAL BENEFITS, AS WELL AS A NETWORK OF PEOPLE SHARING BEST PRACTICES AND RESOURCES."

The Coach's Take

While time constraints or travel are legitimate barriers for some, most runners worry they won't be able to keep up with others in the group or are afraid they'll have to prove something, Jenny Spangler says.

Yet running with a group provides mental and physical benefits, as well as a network of people sharing best practices and resources. The group dynamic can compel members to challenge themselves on days when they might otherwise check out.

"It's often the power of the group that gets these athletes where they need to be," Spangler says.

In many metro areas, running groups are abundant, frequently anchored by a local running store. Most running groups meet for a weeknight speed workout and a weekend long run. In more isolated areas, runners might have to be proactive to find partners, perhaps seeking out local competitors.

"With a trial run, you can then consider if the times the group meets, the workouts they're doing and the people in the group fit what you need," Spangler says.

THE RUNNER

Sam Penzenstadler

Age › 22

BREAKTHROUGH

22-second PR in the mile

AS A PREP RUNNER IN OSHKOSH, WISCONsin, Sam Penzenstadler set PRs of 1:57 for the 800m and 4:18 for the 1600m. His times were strong but not spectacular.

Today, however, Penzenstadler, who competes for Loyola University Chicago, is among the nation's top middle-distance athletes and a two-time NCAA All-American, including a third-place finish at the 2014 NCAA outdoor track championships. His 1500m PR of 3:39.7 is the equivalent of a 3:55.8 1600m performance, 22 seconds faster than his high school PR.

Though outsiders might attribute Penzenstadler's rise to the inevitable jump in mileage that often accompanies a runner's matriculation into the collegiate ranks, not so for Penzenstadler. From high school to college, he continued logging 70-mile weeks; the biggest shift came in the intensity of workouts and a focus on running faster as workouts progressed.

During a 12 x 400m workout in high school, for example, Penzenstadler rarely dropped under 70 seconds. At Loyola, he attacked that same 12 x 400m task with controlled aggression, pushing times down throughout the workout and approaching 60-second turns by the workout's conclusion. He also completed his 5- to 10-mile tempo runs at a quicker pace, consistently challenging his body to run fast while tired.

"There was no settling on hard days," Penzenstadler says, "and when I bumped up that intensity, my speed increased and that brought out the potential I had."



"SIMPLY RUNNING MILES ALONE IS NOT THE MAGIC ELIXIR. AT SOME POINT, WE HAVE TO CHALLENGE OURSELVES TO RUN FAST." —RANDY HASENBANK

The Coach's Take

Randy Hasenbank, Loyola's head coach, says many runners fall into a comfortable routine because "they don't want to put themselves out there and expose weaknesses." Adding intensity is central to improving performance.

"Simply running miles alone is not the magic elixir," Hasenbank says. "At some point, we have to challenge ourselves to run fast."

Hasenbank says each week should have two or three days in which athletes amplify intensity. The most accessible way for runners to do this is with fartlek, like 60 seconds at 5K pace followed by 60 seconds easy; then 90 seconds on and 90 seconds off; then 2 minutes on and 2 minutes off.

"Fartleks give people that ugly, tough feeling of a workout," Hasenbank says.

If runners elect to add interval workouts, Hasenbank suggests building in enough volume that the body can gradually adjust to the intensity. Instead of doing 8 x 400m repeats and running near maximum effort from the start, do 10 and run the first two at a controlled tempo that allows the body to recognize and adjust. Hasenbank suggests using the charts found in *Daniels' Running Formula* to help set proper goal times for interval work.

"Just remember that we're building our bodies on a continuum, so don't do anything [so] intense that it jeopardizes your future," Hasenbank says.

THE RUNNER

Lois Keller

Age › 30

BREAKTHROUGH

18-second 3,000m steeplechase PR



IN 2009, LOIS KELLER RECORDED A 10:14 mark in the 3,000m steeplechase. A Montana native whose high school 1600m PR was a modest 5:27, Keller expected her rapid ascent to continue.

It didn't. For three years, Keller lingered in the 10:10 to 10:20 range.

At the suggestion of her husband, Levi Keller, a national-class pole vaulter and certified strength and conditioning specialist, she began hitting the weight room twice each week, adopting a revised routine every four to eight weeks.

Her typical sessions included squats, calf raises, hamstring curls, shoulder presses, rows, pull-ups and dead lifts—work that improved her agility and strength.

"As [distance] runners we tend to do everything in a single plane of motion—forward—and it is really good to work the other areas with lateral motion and lesser-used muscles," says Keller, who prepared for each weight-room session with hip mobility exercises, body-weight squats and easy plyometrics, such as butt kicks and skipping.

In 2012, just months after adding strength training to her routine, Keller dropped her steeplechase time to 9:56 and earned a spot at the U.S. Olympic trials.

The Coach's Take

Levi Keller understands that time and access lead many distance runners to reject strength training, but incorporating weight-room work, he says, prevents injuries and increases performance.

Though traditional thinking holds that distance runners should embrace high volume with low weight, Keller defied that conventional wisdom in crafting a program for his wife. He bumped up the weight and challenged Lois with three to eight reps over two to four sets, a program designed to enhance power.

Distance runners, so accustomed to hefty aerobic work, can become more complete, versatile athletes by strategically adopting more intense, anaerobic exercises. "It can't just be all endurance, all the time, or we run the risk of the body becoming rather one-dimensional," Keller says.

As a starting point, Keller recommends squats and Romanian dead lifts.

Squats, he says, build range of motion while improving leg strength, though he cautions runners to exercise proper form, with the back straight, chest and shoulders upright and knees in line with the feet.

With Romanian dead lifts, athletes hold a barbell and, with knees slightly bent, bend forward at the hips keeping the back in a neutral position. Keller says this exercise increases flexibility and strengthens the hamstrings, glutes and back.

Runners should also address the upper body with balance exercises, such as incline dumbbell bench press, and pullups or lat pulldowns. Using dumbbells will foster balance and keep stabilizer muscles engaged.

"Although strength training for the upper body is not a priority for most distance runners and most likely won't result in major performance gains," Keller says, "its value comes from making runners physically more well-rounded."

THE SPARK A SMARTER RACING STRATEGY



THE RUNNER

Aaron Davidson

Age › 30

BREAKTHROUGH

25-second 5K PR

AARON DAVIDSON SAYS HE RAN 15:10 IN the 5K "more times than anyone should in his life." For five years, Davidson, a runner at Fort Hays State University in Kansas, chased the sub-15:00 threshold.

Jason McCullough, Davidson's college coach, urged him to be more mindful of his own fitness level and pace while racing, but Davidson ignored that counsel, insisting he needed to create a cushion to accommodate his inevitable late-race decline.

"I was too fast and too dumb at the start, too often trying to pace off the leaders or guys faster than me," Davidson says.

In 2011, by then a coach himself at Shawnee Mission North High in Kansas, Davidson finally acquired the maturity to adopt a more patient approach.

Davidson focused on hitting each kilometer at 3 minutes. As a result, he reached the 4K mark of races better prepared to tackle the final kilometer. A simple solution, Davidson acknowledges, but one so many runners struggle to implement. He has since lowered his 5K time on the track to 14:45.

"It's a fine line between being aggressive and putting yourself into a race and trusting your fitness," Davidson says. "That's something I had to learn the hard way."

The Coach's Take

Alan Culpepper, a two-time Olympian who has now turned to coaching, says that to run an optimal pace, athletes need to extract emotion and focus solely on their splits and their mental and physical condition.

"To execute a patient strategy, it takes confidence in your fitness level and the plan," he says. "You're taking control of your race rather than simply hoping things work out."

In the first half, Culpepper urges self-control. In his own races, he leaned on mental cues, repeating phrases like, "That's perfect," and, "You're right on," to inspire confidence and calm.

"It's tough to hold back when you feel good," Culpepper says. "You're ensuring that you'll feel better when the race becomes most challenging."

For runners struggling to match performance to fitness, Culpepper suggests testing the more patient approach at least once, especially when a specific finishing time is the primary goal.

"If you know you're fit enough to hit a certain time goal, that's when this strategy works best," he says, adding that runners executing this strategy in the longer distances will almost certainly enjoy an added jolt of energy and confidence as they pass competitors.

The challenge is not to overthink the race—don't focus so tightly on hitting splits. "You're trying to straddle that line between being deliberate and patient without limiting yourself and being too analytical," Culpepper says.

THE RUNNER

Dianne Anderson

Age › 68

BREAKTHROUGH

15-second improvement in the mile

THOUGH DIANNE ANDERSON ENJOYED A robust running career, completing 30 marathons, qualifying for the Boston Marathon 11 times and scoring an individual age-group championship at the 2011 USATF club cross country championships, it seemed like Father Time had finally corralled her in 2012, at age 66.

Not content to give in, and with the guidance of her Colorado-based coach, Trapper Steinle, a certified personal trainer who specializes in endurance sports, Anderson began reshaping her running form. She focused on retracting her shoulder blades to improve her posture and her ability to take in oxygen.

Twice each week, she also worked on balance, stability and core strength, introducing basic isometric work, such as front and side planks, as well as balance activities like single-leg dead lifts. By Steinle's estimates, Anderson improved her range of motion nearly 30 percent by activating and regularly engaging stabilizers in her ankles, knees and hips. She developed a more powerful and efficient stride, lengthened her gait, increased force production and reduced unnecessary energy expenditure.

"In my experience, older runners rarely question these elements [of form] and accept lowered expectations as a result of aging," Anderson says.

Last summer, Anderson shed 15 seconds from her previous year's mile run at the hilly and competitive Marin Miracle Mile in San Rafael, California.

"After years and years of doing the marathon shuffle, I now notice a massive difference in my stride," Anderson says. "I'm more efficient and relaxed."



"MUCH CAN BE GAINED BY IMPROVING FORM AND GETTING THE BODY TO MOVE MORE EFFICIENTLY." —TRAPPER STEINLE

The Coach's Take

Trapper Steinle says distance runners can easily develop a lazy running gait and ignore form. He suggests those who do not incorporate regular resistance training should integrate form-improving exercises into their routine.

Slow and controlled walking lunges, in which the spine remains vertical, enhance range of motion and gross motor movement in the hips and also help develop lean muscle mass. Meanwhile, single-leg dead lifts, in which athletes balance on one leg with dumbbells in both hands, can improve balance and engage glute and hamstring muscles to create more elastic movement.

Incorporate front planks, and when those are mastered, add side planks. At the onset, Steinle suggests trying to hold the plank position for 60 seconds to develop intrinsic core muscles that can improve balance and lessen fatigue.

"Focus on quality over quantity," he says. "The whole goal with distance running is energy conservation, and there's much that can be gained by improving form and getting the body to move more efficiently."

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SHOE GUIDE

2015 Spring

A BOUNCE IN YOUR STEP

By Adam W. Chase

Photograph by Matt Rainey



CUSHIONING IS MAKING A COMEBACK IN RUNNING SHOES, but you don't have to settle for a mushy ride that swallows your stride. The best new shoes balance road-softening properties with a bouncy, fast-feel turnover and pushoff. The following selection of revamped models and debutants should speed you through your spring training miles.



Go to *runningtimes.com/shoes* for a detailed description of how we test shoes.



ALTRA THE ONE2 $100

Altra's The One (version 2.0) is the lightest and most flexible shoe reviewed this spring. With Altra's signature extra-wide toe box and low heel-toe drop, the ride is completely natural—you don't feel the shoe on your foot, you simply get another layer of cushioning on the bottom. That layer is significant, producing above-average protection, particularly under the arch and in the thick forefoot. But it is also squishy, reducing its effectiveness for top-speed running. "It is awfully soft for a training shoe, much less a racing flat," one tester says. But if you like (and can handle) its completely free, neutral ride, this ultralight model provides surprising comfort.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
23.0	20.7	2.3

WEIGHT
- 6.6 oz (M)
- 5.1 oz (W)

LOW — HIGH

FLEXIBILITY	76
HEEL CUSHIONING	65
FOREFOOT CUSHIONING	85

SIMILAR MODELS IN PERFORMANCE
- Saucony Kinvara 5
- ASICS GEL-Super J33
- Skechers GOrun Ride 3

SIMILAR MODELS IN FIT
- Nike Free Powerlines+
- Altra Olympus
- Altra Lone Peak



BROOKS LAUNCH 2 $100

The Launch has been a favorite training shoe for fast, high-mileage types like the Hansons-Brooks Original Distance Project. (Kevin Hanson reports that every runner on the team has a pair in rotation.) After loyal followers raised a #savethelaunch protest, Brooks decided to design a new version instead of killing the old model. It retains many of the characteristics of the original: an upper that holds snugly while adapting to your foot movement, heel cushioning without any stride-altering control devices, a firm midfoot for a quick heel-to-toe roll, and a pushoff with pop. This version is somewhat stiffer and higher profile than the original, but one tester says, "Anyone who was a fan of the Brooks Launch 1 will love the Brooks Launch 2."

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
34.4	23.3	11.1

WEIGHT
- 10.0 oz (M)
- 8.0 oz (W)

LOW — HIGH

FLEXIBILITY	59
HEEL CUSHIONING	83
FOREFOOT CUSHIONING	62

SIMILAR MODELS IN PERFORMANCE
- Mizuno Wave Kazan
- Under Armour Spine RPM
- Zoot Solana

SIMILAR MODELS IN FIT
- inov-8 Road-X
- Mizuno Wave Sayonara 2
- New Balance M1260v4



BROOKS PURE FLOW 4 $110

The Flow sits at the middle of the Pure line, designed to roll naturally with a rounded heel and relatively low heel-toe drop. While neutral, the Flow has never been minimal—this model is rated "more shoe" than half of the models we tested this spring. A well-padded midsole gives substantial cushioning while still being low-profile and firm enough to encourage a fast turnover. The tongue no longer wraps around from one side, and it is more padded; however, the upper still fits snugly, even in the forefoot (too snug for some). Loyal Flow runners report some fit and slippage issues with these changes, but others laud the support and comfort. "A good choice for stability-shoe fans who are looking to test the waters with leaner, more neutral shoes," one tester says.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
28.9	22.3	6.6

WEIGHT
- 9.0 oz (M)
- 7.3 oz (W)

LOW — HIGH

FLEXIBILITY	9
HEEL CUSHIONING	73
FOREFOOT CUSHIONING	73

SIMILAR MODELS IN PERFORMANCE
- Mizuno Wave Rider 18
- Brooks PureConnect 3
- Nike Zoom Terra Kiger 2

SIMILAR MODELS IN FIT
- ASICS GEL-Super J33
- Nike Zoom Vomero+
- ASICS GT-2000



KARHU FAST5 FULCRUM $140

Karhu has responded to requests to soften its ride. It has lowered the density of the midsole and reduced the stiffness of the Fulcrum, a plastic bridge under the arch designed to roll the foot quickly onto the toe. Cushioning scores went way up, but the shoe still retains higher-than-average flexibility. The fit is generous, the heel and tongue are luxuriously padded and the mostly mesh upper breathes well. This isn't a lightweight, speedy shoe (despite being named "Fast"), but testers universally praised the cushioning and support, saying the shoe gives a solid ride that isn't clunky. "The full-length Fulcrum provides amazing support, control and stability, inspiring confidence even over the final miles of a longer run when form degrades," one tester says.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
34.9	26.1	8.8

WEIGHT
- 10.6 oz (M)
- 9.1 oz (W)

LOW — HIGH

FLEXIBILITY	72
HEEL CUSHIONING	86
FOREFOOT CUSHIONING	81

SIMILAR MODELS IN PERFORMANCE
- ASICS GEL-Excel 33 2
- Brooks Launch 2
- Newton Energy NR

SIMILAR MODELS IN FIT
- Nike Zoom Structure+ 17
- Nike Air Max+ 2012
- Saucony Cortana



NEW BALANCE BORACAY $120

The Boracay gets a lower-profile midsole, a slightly softer feel and a more relaxed and flexible upper—plus a name. For the first time New Balance is naming shoes instead of using only numbers. The Boracay is named after a beach in the Philippines. Testers appreciate the updates, with most saying that the shoe fits more comfortably and rolls more smoothly than the first version, though some find the toe box is still too constraining. Cushioning from the Fresh Foam material continues to get mixed reviews. Many, however, find it falls in a nice middle ground, balancing softness with a responsive pop underfoot. "Even cushioning but not too squishy," one tester says. One unanimous comment: The laces are too long.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
28.5	22.0	6.5

WEIGHT
- 9.5 oz (M)
- 7.5 oz (W)

LOW — HIGH

FLEXIBILITY	12
HEEL CUSHIONING	40
FOREFOOT CUSHIONING	45

SIMILAR MODELS IN PERFORMANCE
- Pearl Izumi EM Road M2
- Salomon Sense Pro
- New Balance Fresh Foam 980

SIMILAR MODELS IN FIT
- K-Swiss Blade-Light Run
- Nike LunarFly 2
- Brooks Adrenaline GTX



NEW BALANCE ZANTE $100

The Zante (named for a beach in Greece) uses New Balance's Fresh Foam material in a go-fast package—where it gives its best performance to date. This less-dense version of the foam provides strong cushioning in the heel but is solid under the ball, propelling your foot quickly off the toe. Featuring a new shoe shape that hugs around the arch (some felt it is too tight), a low-profile midsole and a pronounced toe spring, the Zante could be the lovechild of New Balance's Boracay and their popular 1400 racing flat. Testers praise the lightweight performance, particularly how "snappy" the shoe feels underfoot, while still providing cushioning. "The ride from these shoes is absorbing *and* bouncy, smooth *and* fast," a tester says.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
27.9	19.3	8.6

WEIGHT
- 7.7 oz (M)
- 6.2 oz (W)

LOW — HIGH

FLEXIBILITY	25
HEEL CUSHIONING	84
FOREFOOT CUSHIONING	31

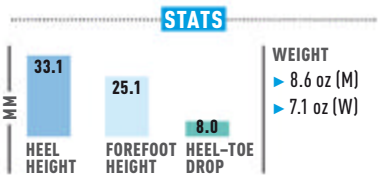
SIMILAR MODELS IN PERFORMANCE
- Brooks PureConnect 3
- adidas adiZero Boston Boost 5
- Mizuno Wave Ronin 5

SIMILAR MODELS IN FIT
- adidas Energy Boost 2
- The North Face Single-Track
- New Balance Minimus 1690



NEWTON GRAVITY IV $175

With the fourth version of the Gravity, Newton added a fifth lug under the ball of the foot, putting one under each toe to improve stability. As you land or roll onto the lugs, each recesses into the air chamber above it, then rebounds, providing pop. The Gravity maintains Newton's original high-lug, firm and explosive experience for its most responsive ride, which rewards a forefoot-oriented stride. But you can still get the benefit if you touch down heel first; there's even an 8 mm drop from the well-cushioned heel to the toe. Also new is a gap in the row of lacing eyelets that allows for more flex while still holding the foot snugly. Testers praise the new fit and say the shoe provides a "lively feel under the forefoot lugs."



SIMILAR MODELS IN PERFORMANCE

- New Balance 880v4
- Zoot Solana
- Newton Motion III

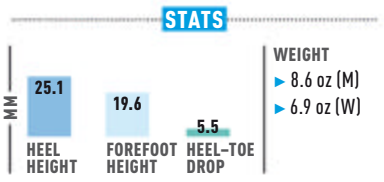
SIMILAR MODELS IN FIT

- Data not available



PEARL IZUMI EM ROAD N1 $115

Before it made shoes, Pearl Izumi was known for its tailored athletic apparel. This update to Pearl Izumi's light, neutral trainer reflects that heritage with a seamless upper—printed in 3-D rather than sewn or glued together—that wraps and adapts to your foot. Testers rave, "This is an extraordinarily comfortable shoe," and praise the "smooth and sleek" fit. The N1 has a wide toe box, moderate heel-toe drop and a firm ride that still provides a feeling of protection (though some found it too hard). The curved, segmented sole rocks your foot off the arch onto the toe, giving the shoe a smooth, fast-feeling pushoff—testers say it makes you feel like you're dancing. A little more rubber on the outsole should improve the durability of this version.



SIMILAR MODELS IN PERFORMANCE

- Pearl Izumi EM Road N2
- Scott Race Rocker
- Salomon S-Lab Fellcross 3

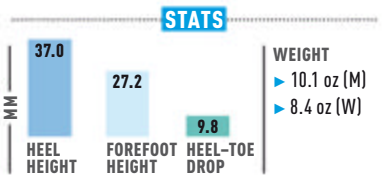
SIMILAR MODELS IN FIT

- Saucony Type A5
- adidas adiZero Adios 2
- Nike Free Run 2



SAUCONY TRIUMPH ISO $150

The Triumph is a bigger shoe than many *Running Times* readers would normally wear, but testers are pleasantly surprised by its smooth ride and comfortable fit. While the midsole is thick and flexibility measures low, the neutral ride, heel-toe drop and significant toe spring allow the shoe to roll quickly through the stride. The shoe provides top-of-the-class cushioning without feeling mushy—in a remarkably light package. An innovative lacing system uses an external frame that adapts to your foot shape to hold the shoe in place. Underneath it, a padded, stretchy inner layer hugs the foot comfortably. "It felt like tucking a blanket around my foot," says one tester—and several think it is great for putting in big road miles.



SIMILAR MODELS IN PERFORMANCE

- Altra Paradigm
- adidas Ultra Boost
- Under Armour Speedform Gemini

SIMILAR MODELS IN FIT

- Brooks Adrenaline GTX
- Nike Zoom Structure Triax+ 14
- Saucony Ride 5



SKECHERS GORUN RIDE 4 $100

The GOrun 4 is a radical makeover for Skechers' popular light, neutral trainer. Designers added 3 mm to the midsole, greatly improving the cushioning, particularly in the forefoot. Yet it still bends easily, getting the highest flexibility score of shoes in this guide, and it retains a responsive feel underfoot. "The ride is smooth and cushioned without being sponge-like," a tester says. The sole has a midfoot bridge that provides some stability while speeding the stride along over strategically placed posts and rubber pads. Testers praise the less-structured upper with fewer overlays and a thinner tongue, saying it holds the foot snugly without binding. This model holds up well for high-mileage training or racing and even performs well on technical trails.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
29.6	20.2	9.4

WEIGHT
- 7.9 oz (M)
- 6.1 oz (W)

LOW — HIGH

FLEXIBILITY	80
HEEL CUSHIONING	70
FOREFOOT CUSHIONING	57

SIMILAR MODELS IN PERFORMANCE
- Nike Free Run+ Shield 3
- Montrail Fluidflex ST
- Saucony Peregrine 5

SIMILAR MODELS IN FIT
- Nike LunarFly+ 2
- Saucony Kinvara 2
- Brooks Adrenaline GTS 13



TOPO FLI-LYTE $100

The Fli-Lyte is today's minimalist shoe. It displays the hallmark design features of the movement—low heel-toe drop, light weight, and a wide forefoot to allow toe splay with nothing above or below to interfere with the stride—but it adds cushioning and protection to allow more runners to appreciate the ride. The upper fit is wide, even in the heel, which pleases those with higher-volume feet. Narrow-footed testers find the fit sloppy and complain that the minimal lacing doesn't allow them to tighten the shoe everywhere they wish. Underfoot, the shoe rolls quickly through the stride on the firm midsole, and the upper has superior breathability. Thanks to a "luggy" outsole, the Fli-Lyte fares well for cross-training and on runs that mix tame trails with roads.

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
26.5	19.1	7.4

WEIGHT
- 8.5 oz (M)
- 7.2 oz (W)

LOW — HIGH

FLEXIBILITY	68
HEEL CUSHIONING	17
FOREFOOT CUSHIONING	17

SIMILAR MODELS IN PERFORMANCE
- Mizuno Wave Hitogami 2
- Skechers GOMeb Speed 2
- INOV-8 Road-X 233

SIMILAR MODELS IN FIT
- adidas adiPURE Motion
- Mizuno Wave Enigma 2
- Altra Olympus



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The Gemini represents a dramatic shift from Under Armour's prior SpeedForm models, with more comfort around the foot and more sole underneath. Inside, the sockliner wraps up the sides of the heel and arch and is welded to the mesh upper, creating a full-foot, sock-like fit, which many love but some find too tight. A pillowy footbed under the heel adds comfort, but on the run it compresses quickly and doesn't affect the ride. The large heel-toe drop also contributes to the easy feel. The bouncy, somewhat firm midsole has well-placed flex grooves and provides a responsive, quick turnover. Despite its comfort and relatively high profile, most testers agree, "The Gemini feels fast and responsive at all speeds."

STATS

MM

HEEL HEIGHT	FOREFOOT HEIGHT	HEEL–TOE DROP
36.8	21.4	15.4

WEIGHT
- 10.2 oz (M)
- 8.2 oz (W)

LOW — HIGH

FLEXIBILITY	16
HEEL CUSHIONING	91
FOREFOOT CUSHIONING	52

SIMILAR MODELS IN PERFORMANCE
- Newton Distance IV
- Mizuno Wave Rider 18
- Brooks Pure Flow 4

SIMILAR MODELS IN FIT
- Zoot Ultra Kane
- Mizuno Wave Ronin
- Saucony Type A4

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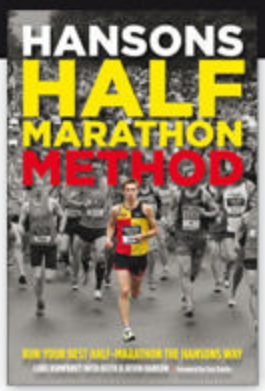
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A RUNNING LIFE

Jack Daniels

OLYMPIAN, COACH, EXERCISE PHYSIOLOGIST

INTERVIEW BY ERIN STROUT

» In one way or another, today's serious runners abide by training principles rooted in Jack Daniels' research and philosophy and outlined in his famous book, *Daniels' Running Formula*. Daniels, who turns 82 in April and is the head coach of the men's and women's cross country teams at Wells College in Aurora, New York, reflects on what he's learned since he began running 60 years ago.

In 1955 in the Army, in Korea, I entered and placed well in a military triathlon with pistol shooting, swimming and running, so that was my first-ever run, and I was pretty slow. I won the shoot and swim and got last in the run.

I transferred to San Antonio to train for modern pentathlon, which included horseback riding, fencing, pistol shooting, swimming and running. During those six years, I managed two Olympic medals and one world championship medal.

I always wanted to learn to run better, so I studied a year at a sport school in Stockholm and did my Ph.D. dissertation on the sport of running. At the University of Wisconsin, and while in Sweden, I had a couple of the world's best exercise physiologists to learn about training from—Per-Olof Åstrand and Bruno Balke.

With one of my college runners, Jimmy Gilbert, who was an outstanding math and physics major, we came up with the VDOT tables, which I am convinced are the best measure of performance out there. Over time I have become more convinced of the benefit of the VDOT tables for determining training intensities.

The first year I ever coached, I had true success, I think because I learned from training too hard for pentathlon. That taught me to be a relatively low-stress coach.

My athletes often ask me if they can please train harder. I answer, "Your training is based on how fast you race, so if you want to train harder, prove to me you are ready by racing faster."

I still do the same things I have always done: Try to impose the least stress that produces the maximum benefit.

I have learned the importance of nutrition and rest. Rest is part of training—it's not avoiding training.

My Ph.D. dissertation included 26 elite distance runners from the 1960s, and I got them back to test in 1993 and again in 2013. When they were asked what is different now, they said the two main advances they could see are being able to make some money in the sport and better science.

My most memorable experiences were not performance-related. A 10-year-old Swedish girl picked some flowers to give to me when I won a competition in northern Sweden. Igor Novikov's wife sent a Russian cluster doll to me because Igor had told her of our friendship—he was a three-time world champion in modern pentathlon. It doesn't get any better than that gift. Way better than an Olympic medal, in my mind.

I've had four men run marathons in 2:09, 2:09, 2:10 and 2:12. I had 2:24 and 2:26 female marathoners and several athletes who made it to the Olympics. One of the most memorable is Magdalena Boulet, because we have worked together for so long and she keeps doing well.

The greatest gifts I have ever received in life are my wife, Nancy, and our two daughters, Sarah and Audra. I also had a brother, a decorated CIA officer during Vietnam who died in his 40s. He accomplished more in his short life than I can imagine ever equaling. I do what I do for them. And because I enjoy doing what I do.

I still run, but not a lot each time—usually about 2 miles. RT

ADVICE TO THE COLLEGIATE RUNNER

Everyone is an individual and we progress at a different rate, so don't get upset if a teammate progresses faster. You may eventually progress further.

TO THE ELITE RUNNER

Realize you don't lose your ability until aging takes over, so don't get upset if things aren't going real well all the time—what you have is there for you to take advantage of.

FOR THE COACH

Be able to always answer this one simple question: What is the purpose of the workout?



Courtesy of Jack Daniels



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MIDWEST

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217.369.8553
jan@illinoismarathon.com
illinoismarathon.com

Sun, 05.03.15
First Midwest Bank Half Marathon & 10K
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Half Marathon & 10K

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Waddell & Reed Kansas City Marathon with Ivy Funds
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KNOXVILLE, TN

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865.684.4294
info@knoxvillemarathon.com
knoxvillemarathon.com

Sat, 12.12.15
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HUNTSVILLE, AL

Marathon

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256.520.0768
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The U.S. senior men's team, led by Ben True's sixth-place finish, took second in the team competition on March 24, 2013, at the IAAF World Cross Country Championships in Bydgoszcz, Poland. After a year off, world cross country will return on March 28, 2015, in Guiyang, China.

"On an earlier lap, I watched one of the Kenyans crash hard. All I was thinking was, 'Stay on your feet, don't fall!'" — BEN TRUE

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